

AUSTIN BONE & JOINT CLINIC

CAST SHEET

INSTRUCTIONS:

To reduce the chance of swelling, elevate the casted limb above the level of the heart. Apply ice bags during the first 24 hours.

During the first 48-72 hours (or 2-3 days), expose the cast to air to promote drying.

Do not rest the cast on a hard or sharp object for the first 48 hours. During this time, support the entire length of the casted limb on a pillow.

Keep the cast dry.

Do not alter or trim the cast. Do not abuse the cast by hitting it against hard objects.

Do not stick anything under the cast to scratch. Use a blow dryer on a cool setting and blow into and on the cast. This will help dry the padding and eliminate itching.

It is important that you move your fingers or toes periodically.

You will experience some discomfort at the injured site during the first few days.

Call our office - 477-6341, or the Medical Exchange (after 5:00 P.M. Mon - Fri or on weekends, if any of the following signs develop:

1. Fingers or toes below the cast are numb, tingling or are difficult to move.
2. Fingers or toes become discolored or the color does not return after pressing on nails of fingers or toes. (Some discoloration may appear 4-5 days after injury. This is normal bruising caused from the fracture).
3. Cast becomes uncomfortably snug or tight or it develops rough edges after it dries.
4. Moderate discomfort develops into severe or constant pain.
5. If you are unable to straighten your fingers out or you are unable to move your toes without severe pain.