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Cast Care Rules

1. Elevate the extremity above your heart.
2. Please do not get your cast wet at all.
 - a. The padding underneath the cast material can get wet and this can lead to irritation of the skin and/or infection.
 - b. If your cast gets wet: Call the Office (number above) immediately.
 - c. Do NOT try to remove the cast yourself.
3. Please do not try to use the extremity that has a cast on it
 - a. If you have a cast on your ankle, please do not walk on that foot. This is NOT a “walking cast”.
 - b. If you have a cast on your hand/wrist, you may move the fingers not covered by the cast. You may not pick up anything heavier than a pencil/pen with that hand.
 - c. If the cast gets cracked or broken with use, please call the office number above.
4. Please do not place anything inside the cast
 - a. Sometimes the skin underneath the cast itches, that’s ok.
 - b. If you find the cast is itchy, you may tap on the cast with a large spoon, or blow air (with a fan) down the cast.
 - c. NEVER use anything to scratch inside the cast. This can cause scratches in the skin that can lead to serious infection.