



Dr. Zachary P. Arntson

CAST CARE INTRUCTIONS

Caring for you cast:

1. Always keep your cast dry.
2. Cover the cast with a plastic bag and seal prior to bathing.
3. No swimming is allowed! The cast is not waterproof.
4. If you experience swelling, elevate the body part above heart level.
5. Use a hair dryer on cool to blow air into the cast. Over the counter anti-itch medication such as Benedryl can be helpful.
6. Never place anything inside the cast such as a coat hanger or ruler to scratch an itch.
7. Do not alter your cast in any way. This includes cast removal. Cast removal should only be done by a Physicians office.
8. Do not put baby powder, perfume, deodorant or lotion on or in your cast.
9. Move your fingers and toes to promote circulation.
10. Do not pull out the padding from your cast or splint.

*** Disregard number 2 and 3 above if you have a waterproof cast.**

If you experience any of the following, call our office. We do have a Doctor on call 24 hours a day.

1. Increased pain or swelling after elevating.
2. Change in color of the fingers or toes.
3. Numbness or tingling.
4. Burning or Stinging sensation.
5. Bleeding or Draining from the cast/splint.
6. Damage or wetness to the cast
7. Cast feels to loose or too tight.
8. Foul odor coming from the cast.