



### **CAST CARE INFORMATION**

Casts are constructed of various amounts of padding covered by either fiberglass or plaster of paris bandages. When mixed with water these bandages begin to harden giving the cast its rigidity or strength. As a by-product of this reaction heat is released, this is why your cast may feel warm when it is first applied. As the water evaporates the casting material cools and hardens.

#### **Cast Care Instructions:**

1. Keep the cast **DRY!** When walking in damp areas or when taking a bath, wrap the cast in a heavy plastic garbage bag and secure it above the cast. You may also purchase a sealtight cast protector, which is available at our office or online.
2. Never insert any foreign objects into the cast as this may cause sores, which may become infected.
3. **Small** amounts of baby or medicated powder may be used to reduce itching. **DO NOT** use any kind of powder if you had surgery on the casted extremity.
4. Chafing or irritation caused by any rough edges of the cast can be minimized by applying adhesive tape to the edges and/or covering or padding area.
5. To help prevent swelling of the involved limb, it is best to keep it elevated for the first 48 to 72 hours.
6. Be sure to exercise your hip, knee, and toes often throughout the day.
7. If any of the following symptoms occur, please call our office for instructions. Charlottesville at (434) 977-8040 or Culpeper at (540) 825-1350.
  - **Severe, unexpected pain.**
  - **Toes turning blue, pale, and cold.**
  - **Numbness of the toes that had not existed before the cast was applied.**
  - **Feeling of irritation of the skin underneath the cast that is persistent.**
  - **Pus or blood draining from under the cast.**
  - **A foul smelling odor coming from the cast.**
  - **If your cast should break, call the office as soon as possible for instructions.**

