



Cast Care Patient Instructions

Cast Care is an important part of the treatment of your injury. You have been placed in this cast because you have a fracture, injury or surgery on this body part. The following is a list of things that need to be addressed for your safety and comfort:

CAST EVALUATIONS: Please call **859-301-BONE (2663)**

- Our orthopaedic technicians will be happy to see you if you have any problems or concerns with your cast. We ask that you **call first** for a time to come in. Please call **859-301-BONE (2663)** and we will be happy to get you in as soon as possible.
- **CAST EVALUATION TIMES:**
 - Monday-Friday**
 - 8:00 a.m. - 11:00 a.m.**
 - 1:00 p.m – 4:00 p.m.**

GENERAL INFORMATION:

- A regular (non-waterproof) cast becomes firm within about 20 minutes of putting the cast on, but does not completely dry for about two hours after application. In the first two hours it is important that you are extra cautious with your cast because it can be easily dented or cracked. If you are in a short leg walking cast you should be extra careful about not walking on it for the first couple hours.
- **DO NOT** get your cast wet. Although a cast is not affected by water, your skin under the cast is. Because of this, you cannot get the cast wet. If the cast does get wet, use a blow dryer on the **COOL SETTING ONLY** to dry out the cast. If this does not work contact our office immediately. You can be burned if the blow dryer is set on warm or hot. Another suggestion is to use a vacuum cleaner with the upholstery attachment. The vacuum will pull the air through the cast, which is porous.
- **DO NOT** stick any object down your cast such as a pencil, plastic silverware, or a coat hanger. Even a small scratch can become infected. Benadryl can be used if you are experiencing uncontrollable itching, and it is available without a prescription.
- **DO NOT** use any lotions, oils or powders in your cast. All casts will have some odor after you have had them on for a few weeks – this is normal.
- Circulation is something that you need to check, especially when a cast is in place. Your fingers and toes should be pink and feel warm to the touch. A gentle squeeze should cause the finger to blanch (turn white) followed by a return of color when released. Depending on the type of cast you are in, you should be able to wiggle your toes or fingers.

CALL YOUR DOCTOR IF:

- Your cast is loose or too tight.
- The cast is broken, cracked or has a soft spot.
- Painful rubbing, burning or pressure develops.
- Your finger or toes become very swollen.
- Your fingers or toes are cold to touch, or appear pale or blue.
- You have numbness or tingling in toes or fingers.
- There is a foul smell from the cast, or if staining of the cast occurs that was not present when the cast was applied. This may be a sign of a pressure sore.
- The cast is soaked (non-waterproof) and does not dry out with a vacuum or blow dryer on cold setting.

WATERPROOF CASTS

- The only cast that can get wet is an Aqua-Cast (waterproof cast). It can get completely wet in the bath, shower, rain, snow, swimming pool or ocean. There is no need to dry this cast but it does need to be rinsed out after getting wet with clean water. Unfortunately waterproof casts are not meant for all types of fractures. It is normal for the fingers/toes to appear slightly darker than the other side for the first 30 minutes after application. This cast will cost you **\$75.00**