



CAST CARE

Things to watch for:

Swelling is often present around the injury site. This will cause tightness or pressure which can be uncomfortable. The best remedy for swelling is elevation of the injured extremity. That is, the part injured and casted should be above the heart. For an arm injury, sitting or lying down with the arm propped on pillows. For any leg injury, lying on your back with the leg propped up on pillows.

- **DO NOT** put items down your cast to scratch. This will cause irritation and breakdown of the skin.
- **DO NOT** get the cast wet. Use water-proof containers for ice.
- If weight bearing on the cast, always use your cast shoe (unless cast has a walking heel).
- Use crutches if instructed to keep weight off the leg with a cast.

Remember that reduced blood flow is one of the most significant dangers of cast immobilization.

Notify your doctor if:

- Unusual coolness, paleness (loss of color or pallor) or swelling occurs
- Areas of uncomfortable pressure occur under your cast
- Red or broken skin around edges of cast not relieved by frequent skin care
- Lower leg tenderness or pain
- Softening of the cast occurs
- A fever of 101 or more that lasts longer than 24 hours
- Any cracks or breaks occur in the cast
- The cast has gotten wet.