

DO'S OF CAST CARE

1. Elevate your injured arm or leg if the extremity becomes swollen.
2. Exercise the fingers or toes to decrease swelling and prevent stiffness.
3. Keep your cast dry. Place in a plastic bag (trash) or obtain a cast cover from the drug store while bathing. Do not remove the cast padding from around the cast.
4. You may file down any rough spots with an emery board. But do not cut or break any part of the cast.
5. To ease the discomfort of itching, use a blow dryer and blow cool air inside the cast. Do not insert any objects down your cast.
6. Keep dirt, sand, and powder away from the inside of your cast.
7. Always check your circulation by pressing on the nail bed of your fingers or toes of the injured extremity. The nail bed should turn pale when pressed, and when the pressure is removed the normal color should return immediately. If this does not happen, call our office.

CONSULT DR. CARR OR OUR OFFICE IF THE FOLLOWING OCCUR:

1. If your skin becomes red or raw around the cast.
2. If your cast develops cracks or soft spots.
3. If you have increased pain or swelling that is not controlled with medication.
4. If the cast or splint seems too tight, or you have loss of active movement in your toes, or fingers.
5. If you have continued tingling or numbness in your hand or foot.
6. If you have excessive swelling below the cast that is unresolved with elevation.
7. If you feel the cast rubbing on your skin, notice drainage from your cast, or smell a foul odor from your cast.
8. If you suddenly develop a fever consistently greater than 100.5

**IF YOU HAVE ANY FURTHER QUESTIONS PLEASE CONTACT
OUR OFFICE:**

DR. ROBERT V. CARR (806) 797-4985