



YOUNGSTOWN  

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ORTHOPAEDIC  
ASSOCIATES

**(330) 729-2755**

**CARING FOR YOUR CAST**

**WHAT TO DO TODAY:**

- ELEVATE ABOVE HEART LEVEL TO REDUCE SWELLING
- IF WEARING A SLING, DO NOT WEAR WHEN IN BED
- CHECK FINGERS AND/OR TOES FOR DISCOLORATION , INCREASED NUMBNESS OR TINGLING. MAKE SURE YOU'RE ABLE TO MOVE ALL FINGERS AND/OR TOES.

**CAST CARE:**

- KEEP CAST CLEAN AND DRY
- NEVER PUT ANYTHING INSIDE OF CAST. THIS COULD CAUSE SKIN BREAKDOWN WHICH COULD LEAD TO INFECTION.
- IF CAST DOES GET WET , PLEASE CALL OUR OFFICE IMMEDIATELY TO HAVE CAST CHANGED.

**SKIN CARE:**

- DO NOT USE LOTIONS,OILS,OR POWDER UNDER CAST
- IF ITCHING IS AN ISSUE, USE A BLOW DRYER ON THE COOL SETTING TO BLOW AIR DOWN THE CAST.

**BATHING:**

- YOU MAY SPONGE BATH UNTIL CAST IS REMOVED
- CAST COVERS CAN BE PURCHASED FROM MEDICAL SUPPLY STORES OR DRUG STORES ( EX: WALGREENS)

**WHEN TO CALL:**

- SEVERE PAIN NOT CONTROLLED BY MEDICATION
- CHANGES TO CAST SUCH AS CRACKING,SOFTENING, OR DRAINAGE
- FOUL ODOR
- DISCOLORATION OF FINGERS OR TOES , INCREASED SWELLING
- NUMBNESS IN FINGERS OR TOES
- CAST IS TOO LOOSE