

Caring For Your Cast

What to do Today:

- Elevate above heart level to reduce swelling
- If wearing a sling, do not wear while in bed
- Check fingers and/or toes for discoloration or increased numbness and tingling. Make sure you are able to move all finger/toes.

Cast Care:

- Keep cast clean and dry
- Never put anything inside of the cast. This can cause skin breakdown which may lead to infection.
- If the cast does get wet, please call our office immediately to have cast changed (DME Department 330-758-0577 Ext: 1147)

Skin Care:

- DO NOT use lotion, oils or powder under your cast
- If itching is an issue, use a blow dryer on the cool setting to blow air down the cast

Bathing:

- You may take sponge baths until cast is removed
- Cast covers can be purchased from a medical supply store or a drug store (ex: Walgreens)

When To Call With A Concern

Call our office if you experience any of the following:

- Severe pain not controlled by medication
- Change to the 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

Canfield - Building A

6470 TIPPECANOE RD
CANFIELD, OHIO 44406

Boardman - Building B

1499 BOARDMAN-CANFIELD RD
BOARDMAN, OHIO 44512

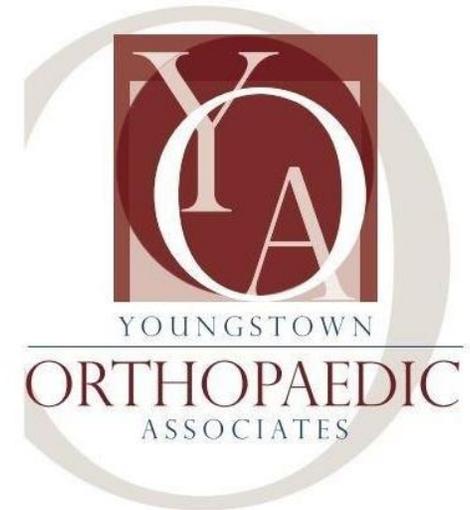
Warren - Building D

1695 NILES-CORTLAND RD NE
WARREN, OHIO 44484

PHONE: 330-758-0577

FAX: 330-758-0466

www.youngstownortho.com



FRACTURE CARE

Including Global Period and Scheduling

The global fracture care package is a single payment for all care associated with a fracture. Patients who have a fracture typically fall under this global period for 90 days while being treated for the fracture. The codes used for fracture care/billing are found in the surgery section of the CPT code book, this is simply the category of where it falls per billing not that you had a surgery. You may find on your Explanation of Benefits (EOB) a surgical procedure code if you are being treated for a fracture, this is the medical billing guidelines standard.

In the fracture care package the following fall under this service:

- Treatment of the fracture
- First cast or splint application (not supplies)
- 90 days of normal uncomplicated fracture care follow up

The following are not included in the fracture care package and will accrue additional charges:

- Initial evaluation by the orthopedic surgeon
- X-Rays
- Casting supplies and/or any brace/support applied
- Any replacement cast application
- Evaluation and management of any additional problems or injuries or treatment of complications
- Waterproof casting materials are not covered; there is a charge of \$25. This is due at the time of service. The waterproof cast is considered not medically necessary.

Fracture

A fracture is a break in the surface of a bone. The treatment of a fracture is determined by an orthopedic specialist. Bones heal best when immobilized. Many times patients are seen in the Emergency room first and placed into a splint to immobilize the limb, then come to see an orthopedic surgeon. Any broken bone must be in its original position for proper healing, if needed to be done manually this is called “reduction”. A “closed” reduction is done without an incision. “Open” reduction refers to manipulation of a fracture with surgery and an incision. Some fractures require the use of a special brace, while other fractures will need a cast or even surgery. The orthopedic surgeon will determine the best treatment plan.

Follow Up

The average fracture requires approximately 3 months to heal. It is very important to keep all follow up appointments as dictated by the orthopedic physician. Appropriate follow up care is to ensure proper healing and decrease the chances of long term issues with an improperly healed fracture. There will not be a charge for the physician portion of the follow up appointments. If the patient does not schedule a follow up after the initial evaluation, we cannot adhere to the Fracture Care Global billing and an itemized bill will be provided.

Vitamin D and Calcium Citrate

Vitamin D and Calcium Citrate are recommended to assist in the healing process. Research has shown that increasing these vitamins have accelerated the healing process by increasing bone density at the fracture site or operative site. We recommend that you purchase over the counter Vitamin D-3 and Calcium Citrate at your local drug store or grocery store.

The appropriate dose we recommend is:

Vitamin D 5000 IU (international units) per day x 90 days

Calcium Citrate 1000 mg daily x 90 days

Types of Fractures

