

# CAST CARE INSTRUCTIONS

## DO NOT GET YOUR CAST WET!

The child must exercise the fingers or toes by moving them every 1/2 hour while awake.

Keep the leg or arm **ELEVATED** as directed by your doctor.

Do **NOT** put anything inside the cast. Doing so could damage the skin.

The edges of the cast may be taped if necessary.

Swelling of the limb can occur for several days after the application of a cast. To ensure that the circulation is good, you must check the fingers or toes frequently. This should be done every hour for the first 24 hours, then every four hours. The tips of the fingers or toes should be pink and warm.

Pain which is not relieved by elevation and one or two doses of analgesic should be reported to a physician promptly.

Fever, drainage, bad odor, or the development of stains on the cast should be reported to your doctor.

Check the cast every day for soft spots or cracks, and make sure that the child's skin is not becoming irritated.

If your child has a cast on his or her leg, then before you leave the hospital, make sure that you understand whether your child is allowed to walk in the cast, and if so, how much weight bearing is allowed.

Telephone for questions 878-7563  
Telephone for appointments 878-7171  
Telephone for emergencies  
    *business hours* 878-7563  
    *evenings or weekends* 878-7000

(speak to the operator, and ask for the Orthopaedic Resident on call)

