



9250 SW Hall Blvd., Tigard, OR 97223
503-293-0161

Cast Care Instructions

1. IF YOU FEEL PAIN, NUMBNESS, SWELLING OR NOTICE DRAINAGE

If you notice drainage on the outside of your cast, a foul odor, burning sensation, unexplained increase in pain or fever, please call to discuss these symptoms with your nurse or doctor. Elevate your injured extremity above your heart if you are experiencing throbbing an increase in pain or numbness and tingling in your fingers or toes. You can also ice your cast using a plastic bag and towel – 15 minutes on and 15 minutes off. If your symptoms are unrelieved after 3-4 hours, please call to discuss your symptoms with a nurse or cast technician.

2. DO NOT STICK ANYTHING DOWN YOUR CAST

Your cast padding has been applied smoothly in order to prevent pressure sores. Sticking things down inside your cast bunches the padding up which can lead to areas of skin breakdown. It is also very easy to scratch or puncture your skin by sticking things down your cast. This opening in the skin is a possible route for infection. Small children should avoid playing with small toys or coins as these can easily slip inside the cast.

3. KEEP YOUR CAST DRY

If the edges of your cast get wet, blow dry it with a blow dryer on the cool setting. If your cast is soaked, it will need to be changed as soon as possible. If you get your cast wet and have incisions, pins or breaks in the skin under your cast, please call in immediately to arrange to have your cast changed. When taking a shower or bath, cover your cast with a plastic bag, sealing the edges of the bag to your skin and be careful of splashing. Do not submerge your cast in water as a plastic bag will not prevent leakage if the cast is submerged.

4. IF YOUR CAST HAS SOFTENED OR IS UNCOMFORTABLE

If your cast is rubbing and feels as if it may be causing a blister or sore, please call to have your cast changed. It is normal for your cast to loosen as you wear it due to muscle atrophy and/or decrease in swelling. If this looseness is causing pressure or rubbing, your cast will need to be changed. Also, please call us if your cast breaks down or softens. Your cast needs to remain strong in order to perform the function for which it was applied.

5. WALKING CASTS

Do not walk on your fiberglass cast for two hours after application. Do not rest your freshly applied cast on hard surfaces for the first half hour. Always wear your cast boot when walking in your walking cast. If your walking cast is plaster or has plaster at the base, do not walk on it for 2 days.

6. IF YOU HAVE A PROBLEM CALL US

After clinic hours, there is a physician on call. If you have any concerns or problems with your cast, please call and the physician will be paged for you. If you have an extreme emergency, go to the nearest Emergency Room.

7. NOTES
