



## CAST CARE INSTRUCTIONS

General Cast care do's and don'ts

### DO

- Follow your doctors' instructions
- Keep your cast clean and dry
- Inspect the skin condition around the cast area
- File down any rough spots on the cast with an emery board as needed

### DO NOT

- Insert objects inside the cast
- Use oils or oil-based lotions on or around the cast
- Pull out or rearrange the cast padding
- Place additional padding inside the cast
- Break off or trim cast edges
- Engage in vigorous activity involving the cast area

### CONTACT YOUR DOCTOR OR THE CAST TECH IF

- You have increased pain or swelling
- You notice a discoloration of fingers or toes
- You notice an unusual odor coming from the cast
- You feel a blister or sore developing in the cast
- You experience numbness or persistent tingling
- Your cast breaks, cracks, or develops soft spots
- Your cast becomes loose
- You develop skin problems at the cast edges
- You develop a fever
- You have any questions regarding your treatment

This handout is prepared as a guide only. Special instructions may be given to you by your doctor, nurse, or cast tech.

OTHER INSTRUCTIONS \_\_\_\_\_

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Please call the cast tech if you have any questions at 541-472-0603. Thank You.