

Dr. Myeroff's Cast Care Instructions

Regular Cast:

Here are a few tips to making the next few weeks with your cast a little more comfortable.

- Keep Your Cast Dry
 - Do not get water in your cast. A wet cast can cause a sore on your skin under the cast and can be very uncomfortable and dangerous. Plastic bags and food wrap, such as Saran Wrap, are good coverings to use in wet weather.
 - To keep your cast dry in the shower a garbage bag with duct tape can work, or you can purchase reusable cast covers at your pharmacy or online.
- Keep Your Cast Clean
 - If your cast becomes soiled, clean it with a damp cloth or baby wipe.
- Never trim or cut down the length of your cast. Contact the Orthopedic Clinic or your doctor if you have questions or concerns about your cast.
- Skin Care
 - Every day, wash your skin (fingers and toes) near the cast edges with a damp cloth. Baby powder can be applied sparingly to your skin; never shake the powder in to your cast.
 - Do not use anything to scratch under your cast (especially if you have an incision), since it can break open your skin and cause infection.
 - Keep foreign objects, such as sand, coat hangers, pens, or pencils out of your cast, as skin sores can easily occur.
 - Do not push anything under the edges of your cast to pad it. If you have rough edges on your cast, a nail file can be used to smooth it out.
- If you have any of the following problems, contact your physician:
 - Your cast is so tight that your fingers or toes become cool and pale.
 - You have pain, numbness or constant tingling of your toes or fingers.
 - You have painful rubbing or burning inside the cast.
 - You notice a strange odor or drainage in your cast.
 - Your cast becomes loose broken or cracked.
- Rest, ice, compression (which your cast is doing for you) and elevation are keys to helping your swelling go down and the healing process. Your pain should decrease when your swelling dissipates. Putting the injury above the heart is the best way to elevate.
- ***After the cast is applied:***
 - For the first 8 hours, keep your cast on a soft surface, like a pillow to avoid denting. A dent in your cast can cause a pressure area on your skin. Do not step on a walking cast until 24 hours after it has been put on.
 - It is common for the color of your fingers or toes to become dusky or darker if below your heart level. This should go away after a few minutes by simply elevating the limb.
 - Move the fingers or toes on your casted limb at least every hour.
- Avoid resting your heel or elbow on hard surfaces. Numbness, tingling or sore spots, can develop from constant pressure. If swelling occurs after activity, raise the casted limb above your heart level.

Water Resistant Cast:

- If you choose to get your cast wet it should be clean and clear water (avoid natural bodies of water lakes, rivers or oceans). Waterborne parasites or contaminants entering your cast could cause skin irritation or other issues.
- Ensure that you rinse out your cast with clean clear water after swimming, showering or bathing.
- If you get your cast wet, you must allow the cast and your skin to dry thoroughly before you get the cast wet again.
- If you experience soft, white wrinkly skin, skin irritation, heat rash or pain, DO NOT get the cast wet again. If these issues do not resolve after your cast becomes dry, please contact your provider.
- Parents or Guardians of young children should monitor the condition of the cast and skin under the cast after the child has gotten the cast wet. If the cast is not drying DO NOT get the cast wet again, and please contact your provider.
- If a blow dryer is used to aid in the drying of the cast, be sure to only use the cold setting.
- Gravity will cause water to drain from the cast. If the cast is wet, it is important to position your cast so that water will drain out. If the cast will not drain DO NOT get the cast wet again, and please contact your provider.