



# OVERTURF

## ORTHOPEDICS

### Cast Care Instructions

#### Swelling

Rest and elevation help reduce pain and swelling. Swelling due to your injury/surgery may cause pressure in your splint or cast for the first 48 to 72 hours. This may cause your injured arm or leg to feel snug or tight in the splint or cast.

To minimize swelling:

- Elevate your injured arm or leg above your heart by propping it up on pillows or some other support. You will have to recline if the cast is on your leg.
- Move your uninjured fingers or toes gently and often.
- Apply ice to the splint or cast. Place the ice in a dry plastic bag or ice pack and loosely wrap it around the splint or cast at the level of the injury.

#### Cast Care

- Keep your cast dry. If you wish to shower, you may cover the cast with a waterproof plastic bag and secure the bag above the cast with tape.
- Keep dirt, sand, and powder away from the inside of your splint or cast.
- Do not pull out the padding from your cast.
- You may experience itching underneath the cast, but DO NOT attempt to scratch by poking ANYTHING down the cast. This may create a wound that could become infected.
- Itching can often be resolved by tapping on the cast with a wooden spoon or by taking Benadryl
- If your skin becomes red or raw around the cast, you may try padding the edge of the cast with soft material.
- Never attempt to remove the cast yourself.

#### Reasons to notify the doctor's office

- If the cast becomes too tight and it does not improve with elevation
- If the cast becomes soaking wet (mild dampness can be dried with a hair dryer)
- Loss of active movement of toes or fingers, which requires an urgent evaluation by your doctor or in the emergency room.