

## Cast Care Instructions

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- Do NOT get your cast wet.
  - Cover the cast with a plastic bag. Seal the bag with tape, rubber band, or GLAD Press'n Seal®.
  - Reusable cast covers are available at stores.
  
- Do NOT attempt to scratch the skin under the cast.
  - The itchy feeling will go away as you get used to the cast.
  - Sticking objects down the cast could cause a break in the skin, which could lead to a skin infection.
  
- Swelling secondary to your injury may cause increased pressure in your cast. To help reduce swelling:
  - **Elevate.** It is very important to elevate your injured arm above your heart by putting it on pillows or some other support.
  - **Ice.** Apply a cold pack over the cast to help reduce the swelling. Place the cold pack around the cast at the level of the injury.
  - Perform **Range of Motion** of your fingers to reduce stiffness and discomfort. The pumping action will help reduce the swelling.
  - If the pressure is not improving with elevation, icing, and range of motion, then contact the office. You may require the cast to be cut to allow more space. If the office is closed, you will be instructed to go to the nearest emergency room to have the cast cut.
  
- As the padding wears, it becomes thinner. Sometimes the cast edge can rub against the skin causing irritation. Use a nail file to smooth out any rough edges.
  
- Waterproof padding is not covered by your insurance company. Therefore, the staff will discuss the additional cost for a waterproof cast. Waterproof casts are not available during winter months because of increased risk of freezer burn of the skin.