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Home-Care Following Cast Application

1. **KEEP CAST CLEAN AND DRY.** Long leg casts always require sponge baths. Short arm or leg casts can be protected in plastic to prevent splashes while bathing. Tub baths should be avoided because if the cast is immersed in water, it will disintegrate.
2. Do no attempt to inset any objects under the cast, especially sharp objects. They may penetrate the skin and cause infection.
3. Elevate leg cast on two (2) pillows with pillows **under** thigh and calf to prevent pressure under heels.
4. To check the circulation of an arm or leg in a cast, press on fingernails and toenails with thumb and index finger, several times a day. The nail-bed should turn light under pressure and return to normal color immediately when pressure is released.
5. Report to your doctor immediately any excessive swelling, pain, discoloration of fingers or toes, or any foul odor or discharge coming through the cast.
6. A fiberglass cast takes two (2) hours to dry thoroughly.
7. For your comfort and protection, your doctor has wrapped your leg or arm with a soft cotton material. **Do not** remove this material.
8. To speed the cast drying process, especially in humid weather, you may use a portable hair dryer on **low** setting. Direct air flow to all areas of the case of ten (10) minutes, four (4) or five (5) times, the day the cast is applied. Make sure that the dryer is on **low**, do not burn fingers or toes.
9. Cold (an ice pack) will be helpful with pain. Take care not to leave it on too long. Fifteen (15) minutes every two to four (2-4) hours is good. Take care to keep cast dry.
10. Call your doctor if you have any questions or problems and follow instructions as to the activities allowed.