



Fort Carson-MEDDAC News

CAST CARE INSTRUCTIONS

Protect the cast while it's protecting you!

Follow your doctor's instructions and use these tips to help you in your recovery.

Compiled by: Specialist John Kim

- **Keep your cast CLEAN and DRY.**

Use the CAST BAG while you shower or bathe. Also use it to protect against rain. If the cast gets slightly wet use a hair dryer on COOL to dry it. Never use HIGH HEAT! If it gets really wet, it will need to be changed.

- **Do not insert anything in your cast to scratch!**

Such as coat hangers, money, toys ...

Objects may break the skin and cause an infection. Do not apply powder, deodorant, and lotion in the cast. Gently knocking on the cast or using a hair dryer on COOL may relieve itching.

- **Do not pull out the cast padding.**

Instead, inspect the skin around the cast daily. Also, look for breaks, cracks and developed soft spots on the cast. Never lean or push on the cast because it may break.

- **Elevate as directed.**

Swelling causes pain. Reduce the swelling by elevating the injured extremity 2-4 inches above the heart.

- **For the foot and leg.**

Non-weight bearing means, NO WEIGHT AT ALL! Putting weight or walking on the cast may cause further injury. Always use your crutches as directed.

When weight bearing is allowed by the doctor, always wear the cast shoes to prevent slipping and it keeps the bottom of the cast from breaking.

- **Never remove the cast yourself.**

Removal should be done in the clinic by a trained professional using a special type of a cast saw.

What should cause you to be concerned? Keep reading!



CONTACT US IF:

If increase in pain and swelling not relieved by medication and elevation.
Persistent numbness or tingling.
Unusual odor coming from the cast.
Any feeling of blisters or sores developing in the cast or any skin problems.
Find breaks, cracks, or soft spots.
Cast becomes too loose.
If you develop a fever.

Questions or Concerns?

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