**Cast Care Instructions**

Casts are used to protect and support broken bones or injuries as they heal. Proper care of the cast is essential to ensure healing and prevent complications. Follow these instructions for effective cast care.

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| 1. **Keep the cast dry.**
	* Use a waterproof cover while bathing or showering.
	* Do not submerge the cast in water.
 | 1. **Avoid inserting objects into the cast.**
	* Do not use items like pencils, rulers, or coat hangers to scratch inside the cast as it can damage your skin and lead to infection.
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| 1. **Do not alter the cast.**
	* Do not cut, trim, or remove padding from the cast.
	* If the edges of the cast become rough, cover them with soft tape or moleskin.
 | 1. **Keep the cast clean.**
	* Avoid getting dirt or sand inside the cast.
	* Use a damp cloth to gently wipe the outside of the cast if it becomes dirty.
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| 1. **Monitor swelling.**
	* Elevate the injured limb above the heart level for the first 48 hours to reduce swelling.
	* Gently move fingers or toes in the cast to improve circulation.
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**Skin Care**

* **Do not use powders or lotions** inside the cast as they can irritate the skin.
* If itching occurs, try blowing cool air into the cast using a hairdryer on a low, cool setting.

**Activity Restrictions**

* Avoid heavy lifting or vigorous activities that could strain the injured area.
* Follow your doctor’s advice on mobility and weight-bearing activities.

**When to Contact Your Doctor:**

* **Increased pain** that does not improve with elevation or pain medications.
* **Swelling** that does not go down after elevating the limb.
* **Numbness or tingling** in fingers or toes.
* **Bluish or pale skin** beyond the cast.
* **Wet, cracked, or damaged cast.**
* **Foul odor or drainage** coming from inside the cast.

**Removal and Follow-Up**

* Never attempt to remove the cast yourself. It should be removed by a healthcare provider.
* Attending all scheduled follow-up appointments to ensure proper healing.

**Emergency Situations-**Seek immediate medical attention if you experience:

* Difficulty moving fingers or toes.
* Severe pain that doesn’t improve with elevation.
* Signs of infection, such as fever, swelling, or redness spreading beyond the cast.

Proper care ensures a smooth recovery process and helps prevent complications. Always follow your healthcare provider's instructions for the best results.