

## CAST INSTRUCTIONS

Whether your child has a traditional (dry non-waterproof) or waterproof cast, there are some things to keep in mind after the cast has been applied.

### General Precautions:

- Follow the doctor's instructions exactly.
- Do **NOT** insert any objects inside the cast to itch the skin under the cast, as it may cause a sore which could become infected. Use a hard object like a spoon to tap on the cast instead, a blow dryer on cool or Benadryl work great.
- Do **NOT** pull or rearrange the cast liner.
- Do **NOT** break off or trim cast edges.
- Patients are not allowed to get in the ocean, rivers, or lakes with casts on.
- Do **NOT** try to remove the cast at home.
- Stay out of sand and dirt.
- Keep the cast clean.
- Rough spots may be filed down an emery board.
- If fiberglass edges rub on skin where rough spots are you may purchase "moleskin" to put on the edges. You may purchase it at CVS, Walgreens or Wal-Mart.

### TRADITIONAL CAST ( IF THERE IS AN INCISION, PINS, OR SKIN ABNORMALITY):

- Do **NOT** get the cast wet.
- Do **NOT** pull at the cotton liner inside the cast.

### WATERPROOF- (UPPER EXTREMITY ONLY, AND ONLY IF ALLOWED BY DOCTOR AND STAFF):

- **KEEP CAST DRY OTHER THAN DAILY SHOWER.**
- **NO LOWER EXTREMITY CASTS IN POOLS.**
- Do **NOT** pull the liner inside the cast.
- The cast lining material may take up to 3 hours to dry completely.
- Do **NOT** heat to dry the cast. The liner will allow the skin and cast to dry by evaporation. A blow-dryer on cold setting can be used to speed the drying process.
- If going into a pool be sure to thoroughly rinse the inside of the cast with clean water to remove chlorine, salt, dirt or other substances.
- Only submerge the cast in water for a **maximum of 30 minutes** at time and allow it to dry completely.
- Do **NOT** actively swim or move aggressively in a pool, as this can cause a cast breakdown and/or skin irritation.
- Do **NOT** submerge the cast in a hot tub, river, lake or ocean.
- For all casts, please allow at least 10 minutes for water to run out after bathing or being in a pool.

**Contact our office for any of the following:**

- Persistent (more than 2-3 hours) numbness, and/ or persistent tingling.
- Blister or sore develops inside the cast.
- The cast breaks. Cracks or develops soft spots, or becomes too loose.
- Cast feels snug; you may have swelling, if so elevate extremity above your heart to help the swelling go down. If this continues for more than 2-3 days or extremities are bluish-purple please call our office.
- We may bring you in to determine if your cast **May or May Not** need to be changed. Most insurance companies do not cover a 2<sup>nd</sup> cast unless medically indicated so you may have a fee if insurance does not cover.

**“Par for the course”**

**The cast will usually NOT be changed because of odor.**

**Itching and having a less than pleasant odor are normal for having a cast.**

**Running water down the cast (if waterproof), tapping on the outside may help with itching. If the patient is able to take Benadryl this may also help with itching.**

**Unpleasant odors are normal but if odor get extremely foul or you notice oozing from the wound please call us.**

Remember the cast helps the healing process. Avoid activities that might interfere with healing, and always follow the doctor’s specific instructions about proper care for your child.