

Upper Extremity After Cast Care Information

Your child has just had his/her cast removed; here is some information to assist you with their recovery:

- The affected limb may be stiff and sore for a few days after the cast is removed. You may give your child Tylenol or Motrin for pain if child is not allergic to either of them. Follow the instructions on the medication for proper dosing.
- The affected limb may appear smaller after the cast is removed. This is due to the muscle weakening which occurs while the cast is on. The limb will return to normal size as muscle strength returns.
- The skin may appear dry and flaky; and may have red or raw areas. You may cleanse the area with soap and water and apply non-perfumed lotion to the area. **Do not scrub** the area with a loofah pad or a rough cloth as skin may be sensitive and bleed. This should clear up in a few days.
- Follow the doctor's activity restrictions precisely to allow your child to heal completely.

AFTER CAST STRETCHING AND STRENGTHENING EXERCISES

- Here are some stretching and strengthening exercises to help them with their recovery.
- First, have your child gently move their wrist up and down 10-15 times, 3 times per day. This will help your child regain the motion in their wrist.
- If your child had a long arm cast, they will need to bend and straighten their elbow 10 times, 3 times per day, holding it for 10 seconds each direction. It may take your child several weeks to regain full motion of their elbow, but this will gradually improve.

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- You can also give your child a soft object, such as a stress ball, or a rolled up pair of socks for them to squeeze 20 times, 3 times per day, to regain muscle strength of the affected forearm.

To reach your child's physician for any questions or problems, call the office at 1-800-682-4220.

CONTINUE ACTIVITY RESTRICTIONS FOR _____ WEEK(S).