

Cast Care Information Sheet

A cast is used to stabilize a fracture by immobilizing the broken bone while reducing the pain associated with the bones moving. It is also used to protect an area recovering from surgery or injury to stretch tight muscles.

NO SPORTS, BIKES, TRAMPOLINES, SKATES, SCOOTERS, PHYSICAL EDUCATION CLASSES, PLAYGROUND EQUIPMENT, CLIMBING OR SKATEBOARDING WHILE WEARING YOUR CAST.

Recommended:

- Elevate the arm or leg on a pillow for the first 24-48 hours, or as directed by your physician.
- Keep the cast clean and DRY.
- Examine the cast daily, checking for soft spots or cracks.
- Feel the edges of the cast for sharp spots and to make sure nothing is wedged inside.
- You may use a hair dryer (COOL setting only) around the cast edges to help with itching.
- If your physician has given you a sling, you must wear it at all times to support the arm.

Not Recommended:

- Never use powder or lotion under the cast.
- Do not trim the cast unless the physician instructs you to.
- So not put anything in the cast (hangers, pencils, money, etc.) as this can cause sores to occur.

Bathing:

- Sponge baths are preferred (or have an adult hold the limb out of the water in a shallow bath).
- No showers or swimming.
- Do not try to use a plastic bag to cover the cast or immerse the cast in water.

When to call the clinic:

- Foul odor from the cast.
- Drainage or raw skin under the cast
- Increased pain, numbness, tingling, blue or very white fingers/toes
- Unexplained fever
- If the cast gets wet
- Increased swelling
- Soft spots or cracks in the cast

Cast Removal:

A special tool will be used to remove the cast. This tool vibrates and is very noisy. After the cast is removed, the joints may be stiff for several days but please encourage your child to move them. You may use unscented lotions or bath oils if the skin is dry or flaky. If your child has used crutches for this injury, bring them to the visit because the leg may be weak and sore. It is normal for your child to experience swelling of the casted extremity and/or walk with a limp or with their toes turned out for several weeks after the cast has been removed. These variations should correct after your child begins using those muscles again.

If you have any questions or problems, please call the office at 800-682-4220.