

HILLSBORO ORTHOPEDIC GROUP, INC.

349 SE SEVENTH AVENUE

HILLSBORO, OR 97123

(503) 648-0803

GENERAL CAST CARE

DO:

- ❖ If swelling, apply ice packs to area of injury and elevate above the heart.
- ❖ Keep cast clean and dry.
- ❖ File down any rough spots with an emery board.

DO NOT:

- ❖ Insert objects inside the cast.
- ❖ Pull out or rearrange cast liner.
- ❖ Place additional padding inside the cast.
- ❖ Break off or trim cast edges.

CONTACT US IF THERE IS:

- ❖ Increased or prolonged pain or swelling.
- ❖ A blister or sore developing inside the cast.
- ❖ Numbness or persistent tingling.
- ❖ The cast breaks, cracks, or soft spots develop.
- ❖ Excessive looseness.
- ❖ A skin problem at the cast edges.
- ❖ A fever.
- ❖ Any question regarding your treatment.

WATERPROOF CAST:

- ❖ You can get your cast wet.
- ❖ Rinse inside of cast with clean water to remove chlorine, salt, dirt, etc.
- ❖ You can wash your cast with warm water and mild soap. **RINSE THOROUGHLY**
- ❖ How to dry my cast? No special drying procedures are necessary, but you may want to lightly towel off the excess water on the outside and ends of your cast. You may use a blow dryer on LOW setting to dry the cast. **Do not insert a towel or other objects inside the cast.**
- ❖ Cast should feel relatively dry within one hour.

Reusable "cast covers" for bathing are available for purchase at your local pharmacy. Cover is not necessary for waterproof cast.