



CAST CARE

Casts are applied to **broken bones** or **torn ligaments** to stabilize the area so that it will **heal in the correct position**.



Information about casts:

- Many casts today are made of **fiberglass**, which are light weight, durable, and can be x-rayed easily.
- Another type is a **plaster** cast, which is somewhat easier to mold, but can be less durable over time.
- Due to the many differences in injuries and areas of casting, **make sure to follow your provider's orders**.
- You may need to wear a cast for a few **weeks**, or a few **months**.
- Be **patient** with yourself as you get used to your new cast and it's impact on your **balance and weight**.

General Precautions:

1. Follow your provider's instructions.
2. **Keep cast dry.**
3. Move your fingers and toes frequently, and **keep the limb elevated** when possible to **prevent swelling and joint stiffness**.
4. **Do not use anything to scratch under the cast.** If you feel very itchy, try tapping the cast, or scratching the same spot on the opposite arm or leg.
5. **Never put padding in your cast**, such as cotton or tissue, as this can cause additional constriction and decrease circulation.
6. Never trim or cut the cast yourself, **only let a trained provider alter it**.
7. If you have an arm cast, you may be given a sling to use for the first few days. **Avoid allowing your hand to dangle downwards as this can cause swelling.**

Call UHS if you:

- Feel increasing pain and **tightness** in the injured limb
- Feel **numbness** or **tingling** in the injured hand or foot
- Feel **burning** or stinging under the cast
- Develop excessive **swelling** below the cast
- **Can't move the toes or fingers** of your injured limb, or they become **blue or cold**
- Feel like the cast is **too tight or too loose**
- Develop **red or raw skin** around the cast
- Develop a **crack, soft spots** or a **foul odor** in the cast
- **Get the cast soaking wet** and doesn't dry it properly

Check out more information from the Cleveland Clinic:



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(574) 631-7497 - uhs.nd.edu