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## **Taking Care of Your New Cast**



### **Cast Care Instructions**

Unless you have a waterproof cast, you should keep your cast dry.

Getting it wet, the skin underneath stays damp and can become moldy and smelly.

Also, don't swim with your cast

To keep your cast dry in the shower, you can enclose it in a plastic garbage bag. Tape the open end of the bag so that water can't get in.

Casts don't completely harden for about two days. Be especially careful with your cast during this time. Don't rest the full weight of the cast on a hard surface during these first two days. Doing so can dent the cast and can cause pressure sores on the skin under the cast.

Keep the casted or splinted limb elevated (propped up) above the level of your heart when you're able to do so. This will reduce the swelling and help to keep the cast from becoming too tight.

Avoid too much activity and situations that may re-injure you or damage your cast. Remember your cast is there to help your arm or leg heal. It can't do its job without your cooperation.

### **Warning Signs**

If you have any of the following warning signs after your cast is placed or changed, you should consult your doctor.

#### **1. Severe Pain**

The pain becomes steadily worse after the cast has been placed may be a sign that the cast is too tight.

2. Bluish Nailbeds: Normally the nailbeds are pink. When the nailbed is pinched and released, it turns white for a few seconds and then pink again. This is because small blood vessels under the nail are squeezed shut. When you release the pressure, the blood vessels quickly open back up, turning the nail bed pink once again. This is called blanching. If the nailbed has a blue color and doesn't turn pink again after being pinched and released, this may be a warning sign that the cast is too tight.

### 3. Numbness or Tingling

If you feel constant numbness or tingling in the fingers or toes of the casted arm or leg, this may indicate that the cast is too tight or that a nerve has been injured.

### 4. Immobility of Fingers or Toes

Because of your injury, you may have pain that makes it difficult for you to move your fingers or toes. But if you have **no ability to move** the fingers or toes of the casted arm or leg, it may be a signal that the cast is too tight and the muscles or nerves aren't working properly.

### 5. Severe Swelling

If you have severe swelling above or below your cast, try keeping the casted limb propped up above the level of your heart. Most injuries cause at least some swelling. But if the swelling continues to get worse after the cast is put on, it may be either a sign that the cast is too tight or that something is going on under the cast that needs to be checked.

### 6. Dented or Cracked Cast

If your cast is dented or cracked, or starts falling apart before you are due for a checkup, this could lead to problems with healing. Small cracks are probably alright, but if the cast isn't doing what it is supposed to, it could affect the healing of the injury. You should also check with your doctor if you think the cast isn't holding the arm or leg still enough.