



Cast Care Instructions: Do's and Don'ts

Do:

- ✓ **Do** keep your cast clean and dry at all times.
- ✓ **Do** cover your cast with a plastic bag or cast cover for bathing or showering, but **do not** submerge your cast in the water. The bag or cover may leak and is only helpful to protect against splashes.
- ✓ **Do** use a hair dryer on cool air setting to dry your cast if it gets wet by blowing air under the cast.
- ✓ **Do** cover any rough edges of your cast with tape to prevent skin irritation.
- ✓ **Do** elevate your cast above your heart if you have increased swelling, pain, numbness, tingling or change in color or circulation. If this does not relieve the symptoms, please contact your provider.
- ✓ **Do** contact your provider if your cast is damaged, cracked, or extremely wet. The cast will need to be changed.
- ✓ **Do** contact your provider if there is any red skin irritation, blisters or sores around the edges of the cast or inside the cast.

Don't:

- ⊗ **Do not** pull out any padding from under your cast.
- ⊗ **Do not** get your cast wet. If you were told that your cast was applied using water resistant cast padding, you may shower or swim in a pool only, but must dry the lining of the cast after you finish with a cool air hair dryer to prevent skin breakdown.
- ⊗ **Do not** stick anything into your cast to itch. Use a cool hairdryer to relieve any itching or irritation.
- ⊗ **Do not** rest the heel of your leg cast on a pillow or bed. Keep your heel floating off the surface by elevating the leg with a pillow or blanket roll under the calf to prevent sores.
- ⊗ **Do not** change or remove your cast without permission from your provider.

Who do I call for questions about my cast?

Pediatric Orthopaedic Surgery Call Center: (734) 936-5870

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