

**KANSAS CITY BONE & JOINT CLINIC**  
**Division of Signature Medical Group of KC, PA**

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You've just been given a cast made of fiberglass. This cast will hold your limb in place to help it heal. Though it might feel a bit awkward at first, you'll soon get used to it. During the coming days and week, the way you treat your cast can play a big part in how fast and how well you heal. For the best results, follow the cast care tips on this handout.

**DO NOT PUT ANYTHING DOWN YOUR CAST!** This may lead to infection.

**Keep Your Cast Dry**

A wet cast can become soft. Then it will not hold your limb in place. A wet cast can also cause infections or rashes. To keep your cast dry, do the following:

- Bathe as directed by your healthcare provider. When you bathe, keep your cast out of the water and covered in plastic.
- If part of the cast gets slightly damp, you may dry it with the cool setting on a blow dryer.
- If your cast gets wet, call your healthcare provider.

**Water Proof Casting**

- With this type of cast you may wash, shower or swim as usual.
- Let cast drain and you may use a cool hairdryer to help with the process.

**Tips for Comfort**

Here are a few ways to stay comfortable:

- To relieve pain and reduce swelling, keep the cast raised above heart level.
- Wiggle your toes or fingers as much as possible to improve circulation.
- If you itch, DO NOT scratch inside the cast. To relieve itching, raise the cast and/or change positions. You can also try using a blow dryer set on "cool".
- You may apply ice to your cast, first place a towel down to keep your cast dry.
- If your toes or fingers get cold, raise them and cover them with a sock or a blanket.

**Do's**

- ✓ Keep the cast clean and dry.
- ✓ Cover it with plastic wrap for protection when around dirt or water.
- ✓ Use any support you are given such as crutches or a sling.
- ✓ Elevate the cast above heart level whenever possible.

**Don'ts**

- ✗ Bang the cast.
- ✗ Slide anything inside the cast; this can cause infection.
- ✗ Put lotions or powders around the cast or inside of it.
- ✗ Wash the cast.
- ✗ Cut the cast or pull it apart.

**When to call your doctor?**

- Persistent pain
- Swelling that does not respond to elevation
- Change in sensation
- Decreased ability to move fingers/toes and changes in color and temperature
- Odors, stained areas and warm spots also need to be reported
- Cast is too loose or tight