

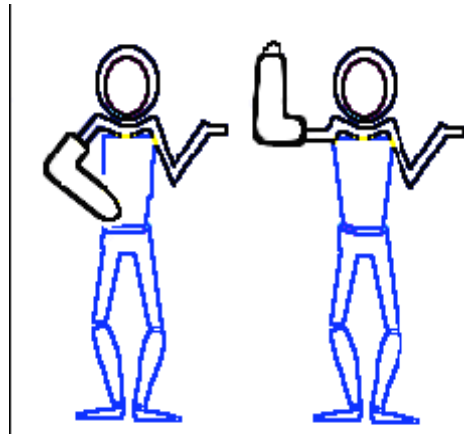
CAST CARE INSTRUCTIONS

DO NOT GET YOUR CAST WET!

- The patient must exercise the fingers or toes by moving them every 1/2 hour while awake.
- Keep the leg or arm **ELEVATED** as directed by your doctor.
- Do **NOT** put anything inside the cast. Doing so could damage the skin.
- The edges of the cast may be taped if necessary.
- Swelling of the limb can occur for several days after the application of a cast.
- To ensure that the circulation is good, you must check the fingers or toes frequently.
- check fingers and toes periodically for swelling and circulation issues
- The tips of the fingers or toes should be pink and warm.
- Pain which is not relieved by elevation and one or two doses of analgesic should be reported to a physician promptly.
- Fever, drainage, bad odor, or the development of stains on the cast should be reported to your doctor.
- Check the cast every day for soft spots or cracks, and make sure that the patients's skin is not becoming irritated.
- If the patient has a cast on his or her leg, then before you leave the hospital, make sure that you understand whether the patient is allowed to walk in the cast, and if so, how much weight bearing is allowed.

-Upper Extremity Elevation

Standing / Sitting

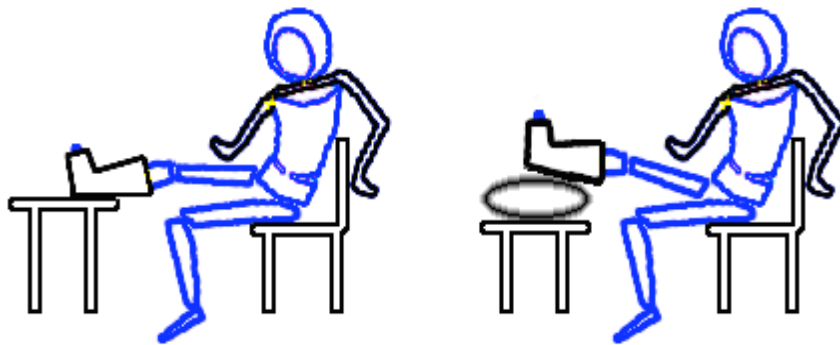


Incorrect

Correct

-Lower Extremity Elevation

Sitting UP

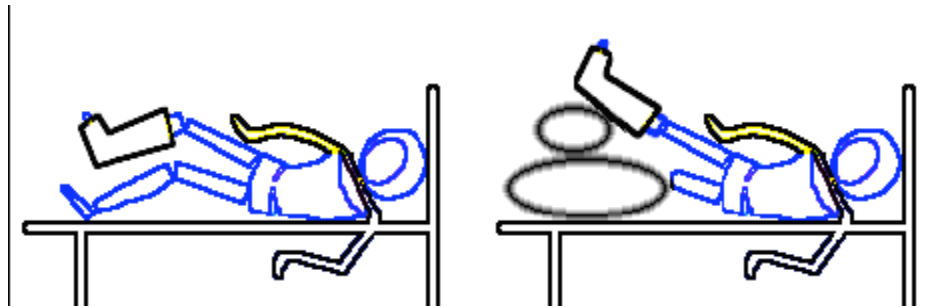


INCORRECT

CORRECT

-Lower Extremity Elevation

Laying Down



INCORRECT

CORRECT