

Orthopedics Cast Care Instructions

To obtain the utmost protection and comfort, you must take precautions against damaging or altering your cast. If it is not properly cared for, you may delay healing. The following information covers some of the precautions you should take while wearing your cast,

DON'T

- . Get your cast wet
- . Remove padding
- . Insert anything into your cast
- . Alter or trim your cast
- . Drill or punch holes in your cast

DO

- . Follow your doctor's instructions carefully
- . Exercise as directed by your doctor
- . Elevate your cast **ABOVE YOUR HEART** (towards the sky)
 - o (This will help reduce and prevent swelling)

It is possible that you may experience these problems:

- . Your cast becomes snug or tight.
- . Your cast becomes loose, broken or cracked.
- . The fingers or toes below the cast become painful, numb, difficult or impossible to move.
- . The cast may cause painful rubbing or pressure beneath it.
- . You may develop localized pain under you cast. This pain may feel like a rock or burning sensation.
- . If you are experiencing itching, you can use Benadryl or Claritin.

IF YOU HAVE ANY QUESTIONS OR CONCERNS WITH YOUR **CAST**, PLEASE CALL the **Cast Room** at **Antioch** 925-813-3475, **Walnut Creek** 925-295-4971 or **Pleasanton** 925-847-5285.

For all other issues please call the Orthopedic Department at **925-295-4130**, (open Monday through Friday 8.30 a.m. until 5.30 p.m.) and have your **Name**, **Medical Record Number** and the **Phone Number that you can be reached at**. Also please include a brief description of the problem or schedule an appointment through the Call Center at 925-813-3100 with Minor Injury (8.30 a.m. to 10 p.m. Monday through Sunday).

We recommend you use “**SEAL TIGHT**” showering bags found On-Line, at the Pharmacy or local drug stores. Garbage bags and tape will also work.