

Cast Care

Do:

- It is very important that you elevate your injured areas above your heart to decrease the swelling in your limb.
- Keep your cast dry at all times.

Don'ts:

- Push objects under the cast as you could injure yourself.
- Try to remove the cast.
- Try to cut cast or remold it.
- Rest your cast on hard surfaces as it will cause an indent and could lead to a pressure ulcer.
- Remove any of the padding or stockinet that is inside your cast.
- Use tape to repair cast.

Exercises

Cast is on your **ARM**:

- Exercise your fingers for 5 minutes every hour while awake.
- Make a tight fist, hold for the count of 5 then relax your hand.
- Spread your fingers for the count of 5 then relax your hand.



Cast is **BELOW** your knee:

- Move your toes for 5 minutes every hour that you are awake.
- Keep your foot elevated on a pillow when you are sitting.
- Do not let your knee become stiff – exercise it.



Cast is **ABOVE** your knee:

- Move your toes for 5 minutes every hour while awake.
- Keep your leg elevated at the heart level as much as you can.



If it becomes too painful when trying these exercises, stop and then try again later.

Contact the Fracture Clinic Staff at **416-530-6128** if:

- Your cast becomes loose or uncomfortable.
- Your cast becomes too tight.
- Your fingers or toes become swollen or discoloured and you cannot move them.
- There is a tingling sensation or numbness in your extremity.
- There is a painful area beneath your cast.
- There is any burning or stinging under your cast.
- There is a discharge or an odour from your cast.