

## CAST CARE

If you had a cast applied (short arm cast, long arm cast, long leg cast, or short leg cast), please follow the below instructions.

### Taking care of your cast:

1. Always keep cast clean and dry.
  - a. Do not get it wet, as this will cause skin infections, and maceration of the skin. If it does get wet, please come to our office the same day to get the cast changed.
2. For itching inside the cast, do not put a stick or any material inside the cast. This will cause skin breaks and infections.
  - a. The best way for decreasing itch is to take a blow dryer on **COLD** setting, and to blow air through the cast.
  - b. **DO NOT** put on warm or hot setting as this will cause burns.
3. If any coins, sand, or other foreign objects fall into the cast, please come to our office or the emergency department as this will cause break down of skin
4. For showering, use plastic bags to wrap around the cast.
  - a. Vacuum seal bags for casts are available for purchase online. Unfortunately, most insurance companies don't cover this cost

### Pain, Swelling, or Numbness inside the cast:

After a fracture, there will be increased swelling. If you start to have uncontrolled pain, numbness or swelling that is worsening; please contact our office 808 548-7033 for a live person immediately. If it goes to voice mail, please contact Physician's Exchange at (808) 524-2575 or go straight to an Emergency Room to seek immediate medical attention. If you cannot drive, call 911 for assistance. Do not wait on this.

### Casts breaking:

Sometimes casts can break from overuse. Please contact our office if it does break to have a new one reapplied.

### Contact numbers:

Island Orthopaedics: (808) 548-7033 Honolulu  
Physician's Exchange: (808) 524-2575

You have read and understood these instructions for cast care by signing below.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_