

Orthopaedic Specialty Clinic of Spokane
785 East Holland Avenue
Spokane, WA 99218
(509) 466-6393

CAST CARE INSTRUCTIONS

Please read the following information that will give you some general instructions as well as answer many of your questions.

Call us immediately if you notice any of these warning signs:

- ✓ Excessive or uncontrolled pain-especially if still uncontrolled while using prescribed pain medication.
- ✓ Numbness, tingling or weakness of the affected area.
- ✓ Change in skin color to the area beyond the cast.
- ✓ Persistent skin irritation.

1. *How long does it take my cast to harden?*

It will take up 12 to 24 hours for a synthetic cast to fully cure. Plaster casts may take longer. Be protective of your cast during this time to not bump it.

2. *I'm getting swelling in my cast, is this normal and what can I do?*

Some swelling is normal after an injury. To reduce swelling, keep your cast elevated above heart level as much as possible for the first 48 to 72 hours. You can also apply ice (put ice in a sealed, plastic bag) to the area of injury.

3. *How can I take a shower/bath with my cast?*

Wrap the cast in a plastic bag or large plastic trash bag and keep it sealed at the top as best you can. Only sponge bathe around the area closest to the cast.

4. *I got my cast wet, what can I do?*

If your cast is just lightly wet, use a blow dryer, but be careful to not overheat the cast material. If it is very wet or soaked, you will need to come in to have a new cast put on.

5. *It itches!!! What can I do?*

Itching beneath a cast is common and can sometimes be controlled by: application of ice (using a leak proof bag), blowing warm air into the cast with a hair dryer or using over the counter medications. NEVER put something sharp down your cast-this can cause a scratch which could lead to an infection.

6. *Who do I call with any additional questions or problems?*

(509) 466-6393 and tell the switchboard operator your question. She will have one of the medical assistants call you back.