



### **Cast Care Instructions:**

1. Elevate the cast above chest level to lessen swelling for the first 24-48 hrs.
2. Apply ice pack for pain and swelling.
3. Do not wet cast.
4. Maintain cast clean and dry.
5. Do not place any objects into the cast.
6. Do not put pressure or weight on the cast for 24 hrs. until it hardens.
7. Follow doctors' advice regarding your cast treatment.

### **What to watch for:**

1. Tingling or numbness in fingers or toes that does not resolve.
2. Discoloration of toes or fingers to blue or white that does not resolve.  
Check circulation by pressing the nails to see if color returns immediately.
3. Severe constant pain that does not respond to ice, elevation and your prescribed medications.
4. Excessive swelling or inability to move fingers or toes.
5. Excessive muscle cramping, tightness, or pressure under the cast.

**If any of the above signs occur- call your doctor or go to the nearest emergency room immediately.**