



## Santa Cruz Orthopaedic Institute

[www.santacruzortho.com](http://www.santacruzortho.com)

### CAST CARE GUIDELINES

**Bathing:** DO NOT allow your cast to get wet! It is important to protect your cast. Cover the cast with a plastic bag and use a rubber band (s) to keep the bag sealed. A waterproof cast cover may also be used to keep your cast dry. If your cast does get excessively wet, please notify our office immediately at 831-475-4024.

**Swelling:** Elevate the extremity on 2-3 pillows to help reduce the swelling. Keep your toes above your nose or your hand above your heart.

**Skin Care:** **DO NOT USE** lotion, powder or deodorant. **DO NOT** scratch underneath the cast, this will irritate the skin. **DO NOT** insert rulers, hangers, or any foreign objects underneath your cast.

#### Call of office immediately if any of the following occur:

- Unrelieved, severe pain or change in pain, circulation or sensation
- Numbness or tingling of the fingers or toes (slight numbness in NORMAL after surgery)
- Increased swelling of fingers or toes
- Cold fingers or toes
- Blue discoloration of fingers or toes
- Loss of movement (fingers or toes cannot be moved or wiggled)
- Extreme tightness or looseness of the cast
- Unusual odors coming from the cast
- Cracks or soft spots in the cast
- Areas of wetness, dampness or discoloration on the cast (not due to water related splashing)
- You are running a temperature of 101° or greater

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