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Cast/Splint Care Instructions

Key Care Guidelines

- Keep it Dry: Water damages plaster and can irritate skin under fiberglass. Cover with plastic bags/tape when bathing.
- Prevent Damage: Avoid getting dirt or sand inside.
- Itch Management: Use a hairdryer on a cool setting, not hot, to relieve itching. Never use sharp objects to scratch.
- Elevation: Raise the casted limb above the heart during the first 48 hours to minimize swelling.
- Movement: Gently move fingers regularly to maintain circulation.
- No Modifications: Do not trim, tear, or remove padding from the cast.

When to Contact a Doctor

- Increased pain or swelling that does not go away with elevation or medicine.
- Numbness, tingling, or the skin under the cast feels cold or turns blue/white.
- The cast becomes broken, cracked, soft, or develops a bad odor.
- Your skin is bleeding or severely irritated near the edges.

