

Everett Orthopedic Surgery Center

#425-317-8535

Surgeon: #425-339-2433

CAST CARE INSTRUCTIONS

- 1)** Elevate the injured part above the heart to lessen swelling. Use ice bags for the first 48 hours.
- 2)** Wiggle toes or fingers often to help prevent swelling in the cast.
- 3)** If injured part swells anyway, or the fingers/ toes get cold to the touch, blue or numb, or difficult to move, or if the pain increases markedly, contact your Surgeon promptly or go into the closest emergency room.
- 4)** For leg, ankle, or foot injuries, stay off if weight bearing causes any discomfort, or as instructed by your Surgeon.
- 5)** Use of crutches- use hands, not arm pits for bearing weight.
- 6)** If crutches were prescribed for you, it is absolutely necessary to use them for the length of time prescribed by the doctor.
- 7)** Wait 48 hours for the cast to become strong before you allow pressure or weight on any part of the cast.
- 8)** Keep cast perfectly dry at all times. If Surgeon allows, wrap the extremity in a plastic bag securely before showering or bathing.
- 9)** Do not stick any objects to scratch, or powder and lotion down the cast. This can cause severe damage to the skin and could lead to serious infections.
- 10)** Call your surgeon about any fever (over 101.5 degrees) with chills, or any foul odors, or any blood stains that continue to increase in size on the cast.