



CHARLES T. RESNICK, M.D., INC.
Orthopaedic/Hand Surgeon
625 S. Fair Oaks Ave., Suite 250
Pasadena, California 91105
626-795-6426

Cast Care Instructions

These instructions are intended to give you information about your cast and it's proper care.

When is the cast dry?

- **Fiberglass:** Allow one hour for the cast to dry.
- **Plaster:** Allow two full days for the cast to dry.

Swelling

- During the first 24 – 48 hours you may experience some swelling.
- Elevation of your cast above your heart for several hours will help prevent or decrease swelling. This can be done by propping it up on pillows or some other support.
- Move your uninjured fingers, from full extension to full flexion (fist) as often as possible, this will help.

How do you take care of a cast?

- **Keep the cast dry.**
- NO swimming, fishing, washing dishes, and even going out in the rain allowed!
- Keep your cast clean. If it gets dirty, you may clean it with a white vinegar and water solution. Use a damp (not dripping wet) cloth. Allow the cast to dry thoroughly after cleaning. You can use a hair dryer set on cool (do not use heat) to help it dry faster.
- If you decorate the cast, leave a lot of space between drawings. This allows the cast to breathe, which is good for skin underneath it.
- Always keep the cast raised above heart when resting.
- Keep dirt, sand, and powder away from the inside of your cast.
- Do not pull out the padding from your cast.
- Do not break off rough edges of the cast or trim the cast before asking your doctor.

Itching

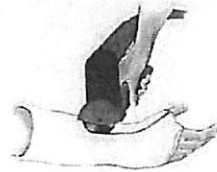
- Is usually caused by moisture on the skin or a healing wound. This can be helped with the use of a hair dryer on a cool setting.

- Keep all foreign objects (food, bobby pins, coins, pen caps, small toys, etc.) from falling inside the cast because they can cause sores. Do not place any objects (pens, pencils, coat hangers, etc.) in the cast to scratch. This can break the skin and cause sores and possible infection. Do not use powder, lotion, ointment, etc. inside the cast.
- Benadryl may also help with itching, it is available over the counter without a prescription.

Bathing

- When you bathe, keep the cast out of the water. Put a plastic bag or trash bag over your cast to keep it dry. Seal the open end of the bag around your arm with tape to keep it as dry as possible.
- Check the plastic or trash bag for any hole caused by the cast. If there are no holes the bags may be used again.
- If your cast gets wet, use a hair dryer on **low (cool)** setting to dry your cast. Do not hold the dryer in one spot too long or it might burn your skin. It may take up to 2 hours to dry.

Cast Removal



- **NEVER** remove the cast yourself.
- The cast will be removed with a vibrating saw. The saw blade does not rotate.
- You may feel the vibration.
- Cast saws make a lot of noise and may feel “hot” from friction but will not harm you.
- Your injured arm/hand will look smaller after the cast is removed. Your skin will also be dry and flaky.

Call your doctor right away if you have:

- Numbness, tingling, cold or blue fingers.
- Extreme pain.
- A loose cast or if it slides around, gets damaged, breaks, or any other problems with your cast.

Remember, take care of your cast and it will take care of you!!