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CAST INFORMATION

Casts are constructed of various amounts of padding covered by Plaster of Paris impregnated bandages and/or fiberglass. Plaster of Paris is crushed gypsum rock which, when mixed with water, causes this substance to harden. As a byproduct heat is released. The strength of the cast continues to increase for at least 24-48 hours. As the water evaporates from the cast during the drying phase, the feel of the cast changes from cool and moist to that of dry and room temperature.

INSTRUCTIONS:

1. To prevent swelling of the recently injured limb, it is best to keep it elevated for the first 48 to 72 hours and elevate above the level of your heart. This is accomplished by:
 - ****Holding the arm over the head
 - ****Lying on the sofa with the cast resting on the back of the seat
 - ****Elevating the cast on pillows or blankets when lying down
 - ****Elevating the leg
2. Be sure to use your muscles while in the cast. If your arm is in a cast, straighten your fingers and make a fist several times an hour. Also, be sure to take your arm above your head and behind your back to keep your shoulder from becoming stiff. If your leg is in a cast, move your toes often. Also, try to move your foot in the cast by pulling and pushing against the cast.
3. If you are allowed to put weight on the cast, please wait 24 to 48 hours before putting weight on the cast, except fiberglass casts which only need about a half hour.

CAST CARE:

1. Keep the cast dry! When walking in damp areas or when taking a shower, wrap the cast with a heavy (3 mil) plastic garbage bag and tape it to the skin.
2. Do not walk or put pressure on a walking cast until it is cured (SEE ABOVE).
3. Never insert foreign objects into the cast for this may cause sores which may become infected. Benadryl (over-the-counter drug) may be used to help decrease itching.
4. Chafing or irritation caused by rough edges of the cast can be minimized by applying adhesive tape to the edges.
5. If you get a fiberglass cast wet, it is best to dry it with a blow dryer so that the skin doesn't become macerated.

PRECAUTIONS:

Casts never feel completely comfortable. Some pain and swelling immediately after casting is common. However, if any of the following symptoms occur call our office for instructions at **(814) 535-6521**.

- ****Severe unexpected or persistent pain.
- ****Fingers or toes turn blue, pale and cold.
- ****Numbness or tingling of the fingers or toes that had not existed when the cast was applied.
- ****Feeling of irritation of the skin which is persistent.
- ****Foul smelling odor from the cast.
- ****Pus or blood draining under the cast.

If your cast should break down, please call the office as soon as possible for instructions.

AT THIS TIME, YOUR CAST IS YOUR BEST FRIEND – PLEASE TAKE CARE OF IT!

