



## Cast and Splint Care

You have been fitted with a cast or splint to protect your bone and reduce the pain as you heal. It is important to take care of your cast or splint to minimize the risk of potential complications, such as skin infection. If you have questions or concerns about your cast, please contact the office at 804-270-1305 ext. 4052.

- Mild swelling of the injured area is common during the first few days. Swelling may make your cast feel tight initially. To reduce swelling, keep the cast above heart level for 24 to 48 hours and with any sensation of swelling or tightness during your casting period. This can be accomplished by resting it on pillows. Also, gently move your toes frequently.
- Ice helps keep the swelling down. Apply a bag of ice (or a bag of frozen vegetables) covered with a thin towel to the cast for 20 minutes every 2 hours. Do not apply ice directly to the skin.
- **Do Not get the cast or splint wet.** To bathe with a cast, cover the cast with a plastic bag, tape the opening shut, and hang the cast outside the tub. Even when covered with plastic, you should not place the cast in water or allow water to run over the area. **Cast covers can be purchased at Walgreens.**
- If the cast becomes wet, you can dry it with a hair dryer on the cool setting. Do not use the warm or hot setting because this can burn the skin. **Please contact the office if your cast becomes wet.**
- Keep the cast clean and avoid getting dirt or sand inside the cast. Do not apply powder or lotion on or near the cast.
- Do not place anything inside the cast, even for itchy areas. Sticking items inside the cast can injure the skin and lead to infection. Using a hair dryer on the cool setting may help soothe the itching.
- If you have any loosening (ex: can stick more than 2 fingers in the cast) or rubbing (ex: friction on the bony parts of the ankle) of the cast please contact the office for a cast or splint change.