



Cast and Splint instructions

What if the pain gets worse?

Some people have mild pain and swelling if they don't rest the injured area enough. To avoid this, it is important to do the following:

- Keep the injured area above the level of your heart (prop it up with pillows).
- Wiggle your fingers or toes while resting.
- Apply ice. It can be used for 15 to 30 minutes over a cast or splint as long as the ice doesn't get the splint or cast wet or touch the skin for too long.

When should I call my doctor?

Call your doctor right away if you have:

- Increased pain
- Numbness, tingling, burning, or stinging on or near the injured area
- Circulation problems (if your skin, nails, fingers, or toes become discolored, pale, blue, gray, or cold to the touch, or if you have trouble moving your fingers or toes)
- Bleeding, pus, drainage from the cast
- A wet, broken, or damaged cast or splint

What should I do when I bathe?

Keep your cast or splint dry, especially during baths and showers. Moisture can damage the outside of the cast or splint, irritate the skin or cause infection. When you bathe, wrap two layers of plastic over the cast or splint and make sure a plastic bag is tightly sealed over it. This will make it *water-resistant*, but not *waterproof*, so do not put the cast or splint directly in water.

What else do I need to know?

- Never stick objects inside a cast or splint. They can get stuck, break off, or hurt your skin.
- Don't get dirt or sand inside a cast or splint.
- Don't apply powders or deodorants inside a cast. For severe itching, call your doctor.
- Never break off pieces of your cast or splint or try to adjust it yourself. If it needs to be adjusted, call your doctor.
- Check the cast and the exposed skin daily. If you notice damage to the cast or any injury, call your doctor.
- Keep it clean and dry