

Top Ten Cast Care Tips¹



1. Always keep your cast dry. A damp cast lining next to the skin can cause irritation. Use the CastCooler to completely dry your cast.
2. Never place anything inside your cast, such as a coat hanger, ruler or pencil.
3. Never scratch the skin under the cast as this can lead to infection. Use the CastCooler to immediately relieve itch.
4. Do not alter your cast in any way, such as trimming or removal of padding.
5. Cover your cast with a towel when around water and excessive dirt.
6. Elevate the cast above your heart whenever possible.
7. Do not go outside when cold with a damp cast. Use the CastCooler to completely dry your cast.
8. Do not put lotions, powders or sprays on or inside the cast.
9. Wiggle your fingers and toes to improve blood circulation.
10. If you should develop any of the following symptoms please notify your physician.
 - o Pain or swelling or you cannot wiggle your fingers or toes.
 - o Your fingers or toes change color or tingle.
 - o The cast is too tight or loose or has something foreign inside of it.



¹ These cast care tips are compiled from various public domain sources and should not be considered as medical advice or replace advice from your physician.