

Cast Care For Home

A cast is made of fiberglass material. A splint may be made of fiberglass material or metal. Their purpose is to immobilize bones, ligaments, and muscles, to promote healing.

Cast Care/Splint Care

1. You will feel increased heat as the cast is applied
2. ELEVATE!!!! Elevate the affected extremity on a pillow for the first 24 hours – higher than your heart.
3. Avoid weight bearing or putting your cast with pressure on a hard surface for at least 24 hours

Things to watch for and do while wearing a cast/splint

1. Twice a day check fingers and toes:
 - a. Are they pink?
 - b. Watch for swelling – compare to your other foot or hand.
 - c. Move fingers or toes – frequently
 - d. Check for odors or drainage

If there are any problems, contact our office

2. If swelling is noticed – elevate arm or leg higher than your heart
3. Arm casts/splints are more comfortable with a sling support. Position the arm in the sling to insure that hand is higher than the elbow.
4. Wash skin area around the cast, taking care not to get the cast wet. If cast does get wet – dry thoroughly with a blow dryer
5. Let us know of any rubbing or skin breakdown along the edges of the cast/splint
6. Report any numbness, tingling, or loss of sensation in the fingers or toes.