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CAST CARE INSTRUCTIONS

Whether your cast is fiberglass or plaster, there are important DO'S and DON'TS:

DO:

1. Elevate the cast when swelling is present.
2. Move your toes frequently.
3. Keep your cast dry and clean.
4. Inspect the skin around the edges of your cast.
5. File any rough spots with an emery board.

DO NOT:

1. Get your cast wet.
2. Stick objects inside your cast.
3. Put baby powder or talcum powder inside cast.
4. Pull out cast padding or place padding inside the cast.
5. Break off or trim cast.

CONTACT OUR OFFICE AT 707-448-8469 IF:

1. Pain and swelling are not controlled with ice and/or pain medication.
2. The cast feels too tight.
3. You feel a blister developing inside the cast.
4. You feel numbness or persistent tingling.
5. Your cast becomes wet or badly soiled.
6. Your cast breaks or develops soft spots.
7. Your cast becomes too loose.
8. The cast edges cause skin irritation.

This information is provided as an educational guide only and is not intended to substitute proper medical care or explanation by your doctor. If you have any questions, please contact our office.