

## Do

- Follow your doctor's instructions
- Keep the cast clean and dry
- Inspect the skin condition around the cast
- Keep elevated

## Don't

- Insert objects inside the cast
- Use oils, oil-based lotions or powders near the cast
- Pull out or rearrange the cast liner
- Place additional padding inside the cast
- Break off or trim the cast edges
- Engage in vigorous activities
- Play in sand boxes
- Sunburn the cast area soon after the cast is off

## Contact your doctor if

- You have pain or swelling that is beyond the normal\*
- You experience numbness or persisting tingling\*
- You feel a blister or sore developing inside the cast
- Your cast becomes badly soiled or wet
- Your cast breaks, cracks or develops soft spots
- Your cast becomes too loose or comes off
- You develop a fever
- Have any questions regarding your treatment

\*If you are unable to reach your physician, proceed to the nearest emergency department

This handout has been provided as a guideline only. It is not intended to supersede any instructions given to you by your physician.