



GENERAL CAST CARE DO AND DON'TS

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DO

- Follow your doctor's instructions
- Keep your cast clean
- Inspect the skin condition around the cast area
- File down any rough spots with an emery board

DO NOT

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

CONTACT YOUR DOCTOR IF

- You have pain or swelling
- You feel a blister or sore developing inside the cast
- You notice an unusual odor coming from the cast
- You experience numbness or persistent tingling
- Your cast becomes badly soiled
- Your cast breaks, cracks, or develops soft spots
- Your cast becomes too loose
- You develop skin problems at the cast edges
- You develop a fever
- You have any questions regarding your treatment

This brochure has been prepared as a guideline only. It is not intended to supersede any directions given to you by your physician or other health care professionals.