



## Conemaugh Physician Group

2 Celeste Drive Johnstown, PA 15905  
(814) 255-6781

### CAST INFORMATION SHEET

#### INSTRUCTIONS:

A cast has been applied to allow your injured arm/leg to heal. Casts never feel completely comfortable. However, by controlling your swelling, pain and stiffness with ice, elevation and medications, your comfort can be maximized.

**Swelling:** Is controlled by use of ice and elevation. Holding the arm overhead or elevating the leg/arm **above the level of your heart** is recommended. Propping the arm on pillows can help.

**Ice:** Ice is a powerful anti-inflammatory that helps to control swelling and pain. Surrounding the cast with ice contained in a waterproof container in a towel is effective.

**Stiffness:** Early and frequent movement of the fingers/toes helps to prevent swelling and discomfort. During arm casting, shoulder and elbow motion may diminish and should be worked on regularly. If your leg is casted, move your toes often.

#### CAST CARE:

- **Keep the cast dry!!**
  - Covering with a waterproof bag while showering or in damp areas is recommended.
  - Your cast is NOT waterproof!!
  - Getting the cast wet can result in severe skin damage.
  - If the cast is damp, dry your skin with a hair dryer (cool setting) for 30 minutes.
  - Call the office immediately if your cast is soaked through or skin maceration occurs.
  
- **NEVER insert ANYTHING under the cast!!**
  - This may result in scratching of the skin and infection!
  - Over-the-counter Benadryl can decrease itching.
  - Unless you have had an operation, a small amount of baby powder can reduce itching.
  - Chafing/irritation can be reduced by smoothing with a nail file and taping rough edges.
  
- **Do NOT put weight on the cast unless specifically permitted to do so.**

#### CALL THE OFFICE WITH:

- Unanswered questions/concerns about the cast.
- Severe, unexpected or persistent pain.
- Numbness/tingling of fingers/toes since the cast was placed.
- Persistent feeling of irritation under the cast.
- Foul smelling odor from the cast.
- Pus or blood from under the cast.
- Fevers >101.5°F (38.5°C) lasting longer than 24 hours.
- Cast breakage.