



NEWPORT
ORTHOPEDIC INSTITUTE



CAST CARE INFORMATION

How to care for your cast

Office (949) 722-7038 | Fax (949) 630-4994
NewportOrtho.com

About Casts & Splints

What are casts and splints?

Casts and splints help support and protect injured bones and soft tissue after an injury or surgery. A splint will help provide firm support for your injured extremity; whereas, a cast will provide a more solid support and completely encompass your limb. Splints are generally used directly following a surgery or injury. The splint is open and allows comfort when you are still experiencing swelling. Your NOI physician will decide what is best suited for your injury.

What are casts and splints made of?

Casts are generally made out of a soft cotton lining and an outer plaster or “fiberglass” layer. The hard outer layer aides in protecting your injury during the healing phase and the soft lining helps to prevent skin irritation and protects you when the cast is being cut off once you’ve healed.

Why are casts uncomfortable?

Once you have your cast or splint put on, you might notice that at first your cast or splint may be tight. This is due to the swelling because your injury is healing. Make sure to elevate your limb above your heart. This will help decrease the swelling. The more you can keep the swelling down, the faster your injury will heal.

Caring for Your Cast

Signs and symptoms

Please contact our triage line if any of the following symptoms occur: (949) 722-5035. If you are calling outside of our normal business hours please call our main number to reach the physician on-call: (949) 722-7038.

- Severe worsening of pain
- Numbness and tingling in your fingers or toes
- Burning or stinging sensation of the injured area
- Prolonged swelling of the hand or foot
- Inability to move fingers or toes



How to care for your cast

It is important to keep your cast clean and dry at all times. If your cast gets wet, contact our office to get a replacement. If you get your cast wet, it can irritate your skin or cause a rash under the cast. A wet cast also does not help to heal your injury. You may use plastic bags or waterproof cast covers to help aide you while bathing. Your cast should not be constantly covered. If you keep the cast covered, you are creating moisture and your cast will start to break down. If you have an itch, do not try to stick anything down your cast (ex: coat hanger, eating utensils, etc.). If you have rough or rigid edges, do not try to fix them yourself. Please contact NOI to have one of our trained professionals adjust this for you.

For an appointment please call: (949) 722-7038

How is my cast removed?

It is not recommended that you remove your cast yourself. You risk cutting your skin and could interrupt the healing process. Casts are removed with a special saw. The saw does not spin or rotate so it will not cut your skin. The protective cotton lining will prevent you from experiencing any discomfort while the cast is being removed.

How will I know when I'm healed?

Your physician may schedule additional X-rays during your recovery to make sure your cast or splint is doing its job. X-rays can show whether the bones are healing well or have moved out of place. The x-ray is able to see through the cast or splint material to get the best picture possible.

Locations & Hours

Monday-Friday, 8:00-5:00

Saturday 8:00-12:00, Newport Beach & Irvine only.

**Please call ahead for the Irvine office if it's Saturday.*

Newport Beach
22 Corporate Plaza Drive
Newport Beach, California 92660

Huntington Beach
19582 Beach Boulevard, Suite 306
Huntington Beach, California 92648

Irvine
16300 Sand Canyon Ave, Suite 400
Irvine, California 92618

