



949-722-7038

Cast & Splint Care Instructions

1. Do not get cast/splint wet. When showering, tuck a dry washcloth around top edge of cast/splint and cover with a plastic bag-tape or rubber band securely. Even though you cover cast/splint, you still need to avoid letting water get on it.
2. A few drops on cast/splint won't hurt, but if any "soaking" or "saturation" of cast/splint in water occurs, you need to contact the office immediately.
3. Things to watch for:
 - Numbness or tingling
 - Discoloration of extremities
 - Coldness of extremities
 - Extreme pain or feeling like cast/splint is too tight
 - Swelling

If any of these symptoms occur, elevate extremity above heart. If symptoms persist after 15-20 minutes; contact the office or E.R. immediately.

4. Do not stick anything in cast/splint. It is very easy to break the skin under a cast/splint and cause an infection. Sometimes using a blow dryer on cold setting or "tapping" on cast/splint with an object (spoon, etc.) will help relieve an itch.
5. If you get anything stuck in cast/splint, (coins, erasers, etc.), contact the office immediately, as this could easily cause skin breakdown.
6. Try to keep casted/splinted extremity elevated above heart as much as possible to reduce swelling.