

## Cast Care Instructions

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Do **NOT** get your cast wet, unless it is a waterproof cast!

The patient must exercise the fingers or toes by moving them every ½ hour while awake.

Keep the leg or arm **ELEVATED** ½ hour at least four times a day or as directed by your doctor. (See Below)

Do **NOT** put anything inside the cast. Doing so could damage the skin.

The edges of the cast may be taped if necessary.

Swelling of the limb can occur for several days after the application of a cast. To ensure that the circulation is good, you must check the fingers or toes frequently. This should be done every hour for the first 24 hours, then every four hours. The tips of the fingers or toes should be pink and warm.

Pain which is not relieved by elevation and one or two doses of analgesic should be reported to a physician promptly.

Fever, drainage, bad odor, or the development of stains on the cast should be reported to your doctor.

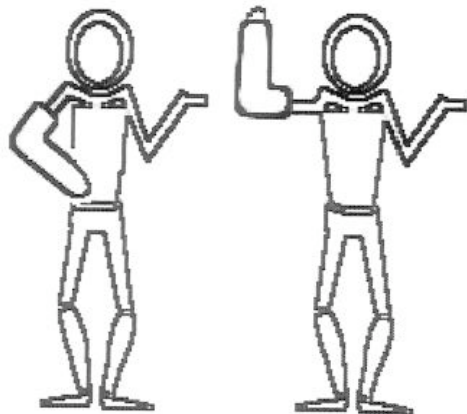
If the patient has a cast on his/ her leg, then before you leave the office/hospital, make sure that you understand whether he/she is allowed to walk in the cast, and if so, how much weight bearing is allowed.

Telephone for questions (616)738-4420 ext. 39

Telephone for Appointments (616)738-4420 ext. 17



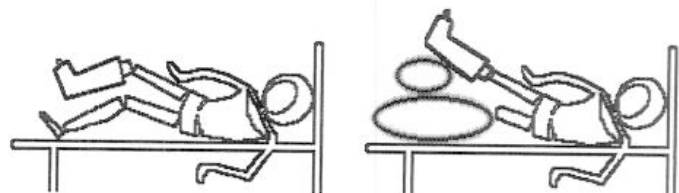
Upper Extremity Elevation  
 Standing / Sitting



INCORRECT

CORRECT

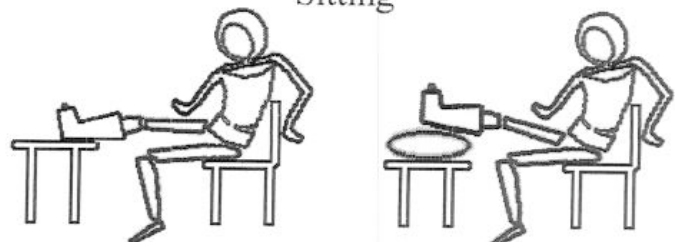
Lower Extremity Elevation  
 Laying Down



INCORRECT

CORRECT

Lower Extremity Elevation  
 Sitting



INCORRECT

CORRECT