



**McKinley**  
Orthopedic & Sports Medicine

# Cast Care Instructions

## What is a Cast?

A cast is a medical device that is custom made from fiberglass or plaster to immobilize an injured part of your body. Casts are used to prevent movement and protect an area of the body that needs to heal. Casts are used for a variety of reasons to include immobilizing broken bones, promoting post-operative healing, preventing muscles from contracting, and healing ulcers.

## Cast Care Instructions

- ❖ Keep the cast clean and dry.
- ❖ Check for cracks or breaks in the cast.
- ❖ Pad rough edges of the cast with moleskin to prevent scratching or chafing.
- ❖ Do not put objects inside of your cast. They can get stuck and cause skin breakdown and infection. Do not attempt to put lotions or powders inside of your cast.
- ❖ Never blow hot or warm air inside your cast. You may use a hairdryer to blow cool air inside your cast. If your cast is ever submerged in a liquid please contact the office for an immediate cast change.
- ❖ Cover the cast while your child is eating to prevent food spills and crumbs from entering the cast.
- ❖ Raise the cast above heart level to decrease swelling. Move your fingers/ toes to promote circulation.
- ❖ Don't use the abduction bar on the cast to lift or carry the child.
- ❖ Older children with body casts may need to use a bedpan or urinal to go to the bathroom. Tips to keep body casts clean and dry and prevent skin irritation around the genital area include the following:
  - Use a diaper or sanitary napkin around the genital area to prevent leakage or splashing of urine.
  - Place toilet paper inside the bedpan to prevent urine from splashing onto the cast or bed.
  - Keep the genital area as clean and dry as possible to prevent skin irritation.

## When to Contact the Office

- ❖ Fever and/or chills
- ❖ Increased pain
- ❖ Increased swelling above or below the cast
- ❖ Decreased ability to move toes or fingers
- ❖ Complaints of numbness or tingling
- ❖ Drainage or bad odor from the cast
- ❖ Cool or cold fingers or toes
- ❖ The cast becomes wet or dirty
- ❖ Blister, sores, or a rash develop under the cast

**Please contact the office with any further questions at 907-456-3338.**