



CARE OF YOUR CAST

This information is a guideline only and is not intended to replace the advice of your doctor

You can help yourself by:

- Keeping your injured limb elevated higher than your heart for the next 3 days
- Exercising fingers or toes frequently to reduce swelling
- Exercising joints above and below fracture to prevent joint stiffness
- Do not scratch or put anything under your cast
- Do not get your cast wet

Things to watch for:

- Increased pain not relieved by medication
- Increased swelling, or discoloration
- Continued coldness, numbness, or tingling in fingers or toes
- Any type of drainage or foul odour
- If your cast is too tight elevate 20 –30 min. to see if swelling goes down

If these problems occur call your physician or physician on call