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## INSTRUCTIONS FOR CAST CARE

Whether your cast is fiberglass or plaster there are some important do's and don'ts:

### DO:

1. Elevate the cast when swelling is present.
2. Move your toes frequently.
3. Keep your cast dry and clean.
4. Inspect the skin around the edges of your cast.
5. File down any rough spots with an emery board.

### DO-NOT:

1. Get your cast wet.
2. Stick objects inside of the cast to scratch.
3. Put baby powder or talc inside of the cast.
4. Pull out cast padding or place padding inside of your cast.
5. Break off or trim cast edges.

### CONTACT OUR OFFICE (at 310 657-4080) IF:

1. Pain and swelling are not controlled with ice, elevation, and/or pain medication.
2. The cast feels too tight.
3. You feel a blister developing inside of the cast.
4. You experience numbness or persistent tingling.
5. Your cast becomes wet or badly soiled.
6. Your cast breaks or develops soft spots.
7. Your cast becomes too loose.
8. The cast edges are causing skin irritation.
9. There is malodor coming from inside of the cast.

*Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by your treating doctor. We have used all reasonable care in compiling the information but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.*

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