

Patient's name: _____

Special Instructions: _____

Medications: _____

Date this card given: _____

Cast Care

Drying:

- A new cast 48 hours to dry.

You can help yourself by:

- putting the cast on a pillow or in sling to reduce swelling
- moving your fingers or toes (where the cast is) every hour
- not scratching under the cast
- not getting the cast wet
- calling your doctor or this centre if you have concerns

✘ Do not walk on a leg cast unless you have been told that you can.

- **You may not be allowed to drive with your cast. Talk to your doctor about driving. Contact your insurance company to check your coverage.**

Watch for signs that the cast is too tight:

- increased pain that is not relieved by prescribed pain control medications
- swelling
- cold, numbness or tingling in fingers or toes (where the cast is)
- change in colour of fingers or toes from your normal colour

Return to this centre right away if the cast becomes tight.