



Information for You from Your Health Care Team

CAST CARE

What is it?

A cast is made of plaster or fiberglass. A plaster cast looks and feels smooth. A fiberglass cast looks like a weave and feels rough on the outside. Casts are used to keep an injured part of the body from moving so it can heal. A cast feels hard 10 to 15 minutes after you have it put on but it is still not very dry. Be careful with the cast the first 24 hours as it can easily crack.



How do I care for my cast?

- Do not push or lean on the cast because it may break.
- Do not scratch the skin under the cast.
- Check the skin around the cast every day for any red areas or sores.
- Keep your cast dry. Cover it with a plastic bag or wrap during bathing.
- **Do not lower the cast into water.**

When do I call the doctor?

- Your cast gets damaged or breaks.
- You have bad pain that is getting worse.
- You have more swelling than you did before the cast was put on.
- Your skin or nails, of the toes or fingers below the cast, turns blue or grey, or feel cold and numb
- There is a bad smell from your cast.
- There are new stains coming from under the cast.
- There are red areas or sores under or around the cast.

