Taking Care of Your Cast
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This pamphlet will explain how to take care of your cast. Contact the Clinic where you got your cast right away if your cast gets wet, as this can cause sores and skin breakdown. If your cast is only slightly damp (from sweat or a few drops of water), it can be dried completely with a blow dryer on a cool setting. This may take about 30 minutes.

Fibreglass casts

• Smooth over rough edges on your fibreglass cast with a fingernail file.

• If the doctor says you can walk on your fibreglass cast, you may put weight on your casted leg 30 minutes after the cast is applied, or as told by your doctor. A cast shoe should always be used when walking on your fibreglass cast.

Plaster casts

• If the doctor says you can walk on your cast, you need to wait 48 hours for the plaster to dry first. Do not put weight on your plaster cast for 48 hours after it is applied.

• Place your wet cast on a pillow or soft pad while it is drying in this initial 48 hour period. Hard surfaces may dent the wet plaster.
All casts

• Raise your limb with the cast up (preferably above heart level) for 12 hours after your cast is applied.

• Move your fingers and toes often to lessen swelling and stiffness.

• Do not use anything to scratch under your cast, as this may cause a sore or infection.

• Do not stuff anything inside your cast (including cotton or toilet paper). This may cause pressure which could result in serious medical problems.

• Do not remove the padding from your cast. This could cause serious scrapes or blisters.

• Do not try to shorten or loosen your cast, as this can cause serious problems.

• If you are given a shoe for your cast, wear it whenever you are walking. If you don’t wear the shoe for your cast, even for short periods of time, your cast can crack and soften.

What are your questions?
Please ask. We are here to help you.
Keep your cast dry!

- When you shower, use a sealed shower cover (which you can buy at any drugstore). Another option is to use 2 plastic bags and a small hand towel. Place the hand towel under the first bag, just below where it is secured above the upper edge of your cast. The towel will absorb any drops of water before they get to the cast. Do not submerge (place below) your cast in water even when it is covered.

- Do not try to clean your cast with any wet substance.

- If you need to walk in the rain or snow, protect your cast with a plastic or waterproof covering or a covered cast shoe and use your crutches.

If you have a cast problem, call the Clinic where you got your cast for help. Do not come to the Clinic without an appointment.

For leg casts (plaster or fibreglass): Always bring your crutches or a wheelchair to each appointment. It is important that you return for your scheduled appointment. If you can’t come to your appointment, please call the Clinic.
Contact the Clinic where you got your cast if you have any problems, especially if:

- Your cast feels too loose or gets broken or cracked.
- You feel painful pressure or rubbing under the cast.
- You have pain that is not helped by the medication your doctor has prescribed.
- You have a lot of swelling, tingling, pain, or numbness in your fingers or toes which is not helped by raising them up above your heart level for 20 minutes.
- There is a bad smell from your cast that doesn’t go away. (The smell of sweat from your cast is normal.)
- You notice any extremely red skin, bleeding, or draining sores around the edges of your cast.
- Your temperature goes over 38.5°C (101.3°F).
- Your fingers or toes have turned bluish/purple or white and normal colour does not return when they’re raised up for 15 minutes.
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*Please do not use perfumed products. Thank you!*

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The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.