



Call your healthcare provider or go to your nearest Emergency Department if you have any of the following:

- severe pain that does not improve with pain medication
- any points of pressure or sore spots develop under your cast
- affected finger or toe nails become discoloured blue, white or grey
- affected fingers or toes become more swollen than before the cast was put on you and you cannot bend or straighten the fingers or toes
- affected arm or leg is numb or tingly
- bad odour, bleeding or drainage is coming from the cast
- cast that feels too tight or loose
- cast that gets wet, damaged or broken.

For 24 hour professional health advice and information, call:



When you first get your cast

- It takes about 48 hours for your cast to set and completely dry.
- **Do not** put any pressure on your cast during this period.

Putting weight on your cast

- If the cast is on the foot or leg, **do not** walk on it or put any weight on the injured leg unless directed by your healthcare provider.
- Avoid lifting or pulling with injured limb.

Swelling

- Elevate the limb on pillows above the level of the heart when resting to improve circulation in the limb and reduce swelling and pain. I
- If you have an arm cast, remove finger rings to prevent injury if the fingers swell.
- Move fingers and toes several times every hour you are awake to prevent them from becoming stiff. Caregivers should encourage their child to do this.
- If the cast becomes uncomfortable (too tight or too loose) or if the injured arm or leg becomes swollen, blue, numb or cold, elevate cast on a pillow. If no improvement in 30 minutes, have the cast checked. Caregivers should check their child's hands and feet for these symptoms.

Water and your cast

- **Do not** get your cast wet. Protect your cast with plastic while washing or bathing.
- **Do not** shower. Use a bath tub when possible. Keep the cast outside of the tub during bathing.
- **Do not** use heat on a plaster cast to dry it.
- Keep the cast clean and dry.

Cast and skin care

- **Do not** put anything (example: coat hangers) inside the cast for the purpose of scratching.
- **Do not** put any powders, lotions or perfumes in or under the cast.
- **Do not** try to repair or cut your cast yourself.
- It is your responsibility to inform your drivers licensing issuer regarding changes to your health. Having a cast could affect your ability to drive safely.

