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# Cast Care Instructions

1. For acute injuries keep the injured extremity elevated as instructed.
2. Frequently move the fingers or toes of the injured extremity to help decrease swelling and improve circulation.
3. If you have kept your injured extremity elevated and your fingers or toes become badly swollen, cold to the touch, pale, blue, numb, or if you are unable to move them: **Call the office immediately.**
4. If the pain in the injured extremity becomes more severe, following the application of the cast or if the cast becomes painfully tighter, try elevating the extremity “toes above the nose” or “fingers above the nose,” also try icing in a properly sealed bag for 15 minutes on and 15 minutes off. Repeat if necessary and if still no improvement:  
**Call the office immediately.**
5. Under **no** circumstances should any object be placed inside the cast to scratch with. For a persistent itch, try using a hairdryer on the cool setting and blow air down the cast.
6. Do not put any colognes, perfumes, or powders down your cast.
7. Keep the cast dry and covered in inclement weather.
8. If the cast should break down, please notify us during office hours to be scheduled for a cast check or repair.  
**Please do not go to the hospital, unless directed by a physician or PA, as they will not remove or repair casts that were not applied by their facility.**
9. For lower extremity casts, please bring your crutches with you if you are being seen for a cast check, repair, or having your cast removed.
10. Non weight bearing: Do NOT walk or put ANY of your body weight on your cast. Doing so may jeopardize, or delay healing.
11. If you’ve had a walking cast applied, please wait 4 hours for the cast to fully harden, before placing any weight on it. Please utilize the cast shoe provided to provide traction and protect the cast.

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