

## **SEA VIEW ORTHOPAEDIC MEDICAL GROUP**

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### **INSTRUCTIONS FOR CAST CARE**

The following information may assist you with your cast questions.

#### **ESPECIALLY IF YOUR INJURY IS RECENT - WITHIN 4-5 DAYS KEEP THE EXTREMITY ELEVATED ABOVE HEART LEVEL –**

Doing this will decrease the amount of swelling and likely reduce pain.  
If your pain *INCREASES* and you find yourself requiring *MORE* pain medication, call our office immediately.

#### **DO NOT PLACE OBJECTS INSIDE YOUR CAST**

If you have itching under your cast, try tapping the cast with your finger or blowing down on the area with a hair dryer on the cool setting. Objects such as a wire hanger or screwdriver inserted into the cast can cause skin irritation and very rarely infection.

#### **KEEP YOUR CAST DRY - DO NOT LET IT GET WET**

For showers, wrapping the cast in a dish towel and then covering it with a plastic bag sealed with waterproof tape is helpful in avoiding contact with water.

Wet casts will break down and begin to smell. It can also cause skin irritation and very rarely infection.

If a cast becomes minimally wet inadvertently, a hair dryer set on the cool setting may be used to help dry it out.

#### **ABOVE ALL – USE COMMON SENSE**

If you experience *increased* pain, swelling, numbness, fever or have other questions, please call the office.