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MEDICAL GROUP  
MASSACHUSETTS GENERAL HOSPITAL AFFILIATE

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## Cast Care Instructions

### **Keep your cast clean and dry.**

Do your best to keep it clean as you will be wearing the cast for several weeks. Likewise keep it dry. The cast will be fine if it gets wet, you, however will not. The water will get the padding wet and your skin will stay wet for days. Remember how your fingers get when in the tub for too long? Now imagine that multiplied by days. Accidents happen and if you get a little water in the cast use a hair dryer on cool to dry the cast. If it is soaked you need to come to the office to have your cast changed. If after business hours go to the emergency room.

### **How do I take a bath/shower?**

If you are a belt and suspenders type person and take long showers here's the fool proof method: Put the cast in a plastic bag (the ones newspapers come in work well on forearm casts) then tape the bag around the arm or leg. Then wrap a face cloth around the taped area and put on another plastic bag and tape that to the arm or leg. If the water gets by the second bag the face cloth will soak it up, if the water gets past the bag, the face cloth and the second bag...you were swimming.

Alternately there are some commercial products out there. Check the internet or a local medical supply store. Some patients swear by them.

### **My arm/leg is swollen and painful.**

Elevate the arm or leg above your heart. Ice. If this doesn't offer you relief call and we may bring you in to have you cast split to relieve the pressure or send you to the emergency room to do the same.

**And lastly: Nothing goes in the cast.** If it gets itchy use a hair dryer blowing cold down into the cast. We have seen many a skin problems caused by scratches or foreign objects that cause infections and actually grow into the skin. **NOTHING GOES IN THE CAST.** If you are really itchy, remember: **NOTHING GOES IN THE CAST.**