Cast Care Instructions

✓ Keep cast clean and dry, call if you get it wet.
✓ Elevate the extremity above the heart and ice for 30 minutes, 5-6 times per day for 1-2 days.
✓ If you have discoloration, increase in pain, or numbness and tingling, give us a call.
✓ Try not to use the extremity unless advised to do so by your provider.
✓ Do not put anything down your cast for any reason!
✓ Call if you have any questions or problems.