



DR. LUBER - GENERAL CAST CARE

1. Leave all cast uncovered until they completely dry. This usually takes 24 hours. Handle a wet cast with the palms of your hands and not your fingertips. A wet cast feels heavy in the beginning, but as it dries, it becomes lighter and more comfortable.
2. The casted limb should be kept elevated higher than the level of the heart. This decreases the amount of swelling under the cast. A small amount of swelling is normal and expected.
3. Check for numbness and tingling. If you are having some numbness, tingling, or excessive persistent pain, elevate the limb above the level of your heart. If this does not relieve the symptoms, consult your doctor.
4. Monitor circulation is very important. To do this, you can press on the fingernail, or toenail of the casted limb. It should turn a whitish color when you press on it. When you let up on the nail and take away the pressure, the nailbed should return to a pink color within a couple of seconds. Report any grey or blue fingers or toes to your doctor. If the casted limb feels cold compared to the other limb, contact your doctor.
5. Moving and exercising the toes and fingers of the casted limb is encouraged. If it becomes painful, or you are unable to move them contact your doctor. Pain, numbness, and swelling can occur at any time with a casted limb. Sometimes this is due to over activity, and failure to keep the casted limb elevated high enough. If this occurs, rest, and elevate the casted limb on pillows higher than your heart to help relieve these symptoms.
6. Do not allow the cast to become wet! Full baths and swimming are not allowed.
7. Sometimes the skin inside the cast may feel itchy. Do not insert anything inside the cast to relieve the itching. This can damage the skin and/or sutures and lead to infection.
8. Call your doctor for any of the following:
 - a) A cracked or very loose cast
 - b) A foreign object or substance that has dropped into the cast
 - c) A foul odor coming from inside the cast
 - d) An unexplained temperature over 101 degree
 - e) Painful pressure point in the cast
 - f) Increased pain or sore on the foot or toes

Thank you for following the above instructions. If you have any questions, please call my office. The receptionist will put you in touch with my nurse or me.

- Kurre T. Lubber, MD