

## **CAST INSTRUCTIONS**

1. KEEP CAST CLEAN AND DRY. ELEVATE FRACTURE ABOVE LEVEL OF THE HEART AS MUCH AS POSSIBLE.
2. IF TOES ARE BLUE, COLD, NUMB, EXTREME PAIN OCCURS, OR YOU ARE UNABLE TO MOVE YOUR TOES, NOTIFY THE DOCTOR IMMEDIATELY.
3. IF THE CASTED FOOT IS SWOLLEN WHEN YOU GET UP IN THE MORNING, NOTIFY THE DOCTOR.
4. IF SWELLING OF THE CASTED PART OCCURS DURING THE DAY, ELEVATE THE LEG ABOVE THE LEVEL OF THE HEART. THIS ELEVATION MAY TAKE SEVERAL HOURS BEFORE THE SWELLING GOES DOWN.
5. DO **NOT** REMOVE THE PADDING FORM INSIDE THE CAST. THIS PADDING IS FOR YOUR COMFORT AND PROTECTION.
6. DO **NOT** REMOVE YOUR OWN CAST.
7. DO **NOT** PUT ANYTHING INTO YOUR CAST.
8. DO **NOT** GO SWIMMING WITH A CST.
9. IF TAKING A SHOWER, PLACE A PLASTIC BAG OVER THE ENTIRE CAST AND SEAL TIGHTLY TO PREVENT WATER FROM GETTING ON THE CAST.
10. IF TAKING A TUB BATH, DO NOT ALLOW THE CAST TO GET INTO THE WATER.
11. IF THE CAST GETS IN POOR CONDITION BEFORE YOUR NEXT APPOINTMENT DATE, NOTIFY THE DOCTOR.
12. FOLLOW ANY SPECIAL INSTRUCTIONS GIVEN TO YOU BY THE DOCTOR.