

About Your Cast and Splint

Whether fiberglass or plaster, your doctor has decided this is the best way to treat your injury. Listed below are the Do's and Do Not's while being treated with a cast/splint.

Do:

- Elevate your cast/splint when swelling present
- Move fingers and toes frequently
- Inspect the skin around the cast areas
- Keep cast clean and dry
- File any rough spots with an emery board
- Apply ice to the outside of the cast in a leak-proof container

Do Not:

- Get your cast/splint wet, this includes fiberglass and plaster
- Stick objects inside your cast/splint, to scratch or otherwise
- Put baby powder or talc inside the cast/splint
- Break off or trim cast/splint edges

Contact Your Doctor If:

- Pain and swelling are not controlled with ice, elevation and or pain medicine
- You feel a blister or the cast/splint is rubbing
- You notice an unusual odor coming from within the cast/splint
- Your cast/splint becomes wet or heavily soiled
- Your cast/splint breaks or becomes soft
- Your cast/splint gets too loose
- The cast/splint is causing skin problems
- You develop a fever

Please call (256) 718-3200 ext. #557