

## FACT SHEET FOR PATIENTS WITH A CAST

1. **NEVER** allow your cast to get wet. If it does, and it is fiberglass, it must be dried with a hair dryer until the padding underneath is dry.
2. Elevate your leg on pillows, above the level of your heart while laying down with ice behind the knee.
3. **DO NOT** lean or press on your cast for at least 24 hours. Leg casts are NOT made to walk on, **SO DON'T DO IT!**
4. **DO NOT** insert any sharp sticks, wires, etc. between the cast and your skin. If itching becomes unbearable, return to your doctor. Also, as your cast loosens do not stick anything between the cast and your skin.
5. If your cast feels tight, it is **OKAY!** Please lay flat on your back, elevate your leg on pillows above the level of your heart, and ice behind the knee.
6. If any of the following signs develop, call your doctor:
  - Unusual swelling of toes (enough so that the cast feels tight on your foot).
  - Unrelieved coldness of toes.
  - Toes become blue/purplish, associated with cold skin. Sometimes bruising is visible this is okay.
  - Any numbness or tingling sensations in your toes.
  - Severe or localized pain not controlled by medication.
  - Cracking or significant wear of the cast.