

# Cast Care

## Fiberglass Cast/Plaster Splint (with cotton padding)

- Always keep the cast/splint clean and dry. The cast/splint will be dry about one hour after it is applied.
- Keep your arm elevated well above the heart as much as possible. Rest and elevation greatly reduce pain and help speed up the healing process.
- If you have a weight-bearing cast, **DO NOT** put any weight on your cast or lean on it until it is hard and dry. It could easily bend and lose its shape.
- Do not trim the cast or break off any rough edges.
- Avoid perfumes, powders, etc., which only irritate the skin and can make the odor worse.
- Dry skin under the cast/splint will occur and may cause itching. **DO NOT** put any objects inside the cast/splint to scratch. You may blow air down the cast/splint with a hairdryer set on a cool setting to relieve itching.
- **DO NOT** submerge the cast/splint in water for any reason. If the skin underneath the cast/splint is wet, it may break down and infection may occur.
- When bathing, cover cast/splint with double plastic bags to keep dry.

## Fiberglass Cast With Waterproof Liner

- Waterproof liners allow you to bathe, shower, and even swim while wearing the cast. Water does not wet the liner, only your skin. You can get your cast wet. Rinse after swimming or exercising.
- You can wash your cast using a mild soap, followed by a thorough rinsing with clean water.
- Cast will dry completely in approx. 90 min. The liner will allow skin and cast to dry by evaporation.

## Plastic and Reconstructive Surgery

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## Call Your Doctor If You Experience:

- Loss of active motion or feeling in your fingers
- Fingers turning cold, purple or blue
- Excessive pain, tightness, numbness or tingling
- Skin around the cast becoming red or raw
- Cast cracking or developing soft spots
- Mold, mildew or other excessive odor coming from the cast
- Draining or discoloration on the cast
- Cast getting too loose as swelling goes down
- Any object lodged inside the cast

## Pain Management

Some pain is expected at the fracture site. To help decrease pain and swelling:

- Keep the injured arm elevated above heart level when sitting or lying down.
- You may need to use pillows to elevate the arm when sleeping.
- Move the non-injured fingers to help decrease swelling and prevent stiffness.
- Take pain medication as needed.



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