

Cast Care

The role of a cast is to maintain a safe healing position for your injury.

If you have been placed in a cast, it is important to care for the cast correctly.

Waterproof

- The synthetic casts fitted at PhysioStudio are waterproof. They can get wet in the shower, bath or pool; however, it is important to allow the cast to dry out thoroughly.
- We encourage you to keep the cast dry for the first 30 minutes to allow it to fully set.
- Drying can be achieved by allowing drainage and free ventilation of air around the cast. It is particularly important to allow sufficient drying time before going to sleep.
- It is also important to allow the cast to get wet minimum twice per week.

Skin care

- It is common for the skin under the cast to get itchy. Do not put anything down the cast to scratch. This can cause skin irritation and possible infection.
- Keep the cast clean of dirt and sand.
- Monitor the skin condition around the edges of the cast.
- Allowing the cast to get wet can be helpful in minimising skin irritation and itchiness.

Swelling

- New injuries can be prone to swelling, especially in the first 72 hours.
- If the cast becomes tight, check for blood supply in the fingers or toes:
 - Pale or blue/purple coloured fingers or toes
 - The fingers or toes are cold to touch
 - The pink colour does not return to the nail bed after squeezing the fingers or toes
- If you observe any of the above, or tightness of the cast, rest and elevate the limb to assist with circulation and swelling. Gently wiggling uninjured fingers or toes, and applying ice can also be helpful to ease swelling and improve circulation.
- If these symptoms do not resolve contact us immediately to arrange a cast review. If this occurs outside of our operating hours, you may need to present to the hospital.

When to seek help

If you experience any of the following please phone the PhysioStudio on (02) 4966 2772

- Severe or worsening pain
- Numbness or inability to wriggle uninjured fingers or toes
- The cast becomes painfully tight with reduced blood flow of the extremities that does not ease with the rest and elevation described above
- The cast has become damaged in some way, or becomes loose
- Persistent burning or stinging pain under the cast
- The cast develops a foul and offensive odour (some odour is normal)
- If any foreign objects get stuck between the cast and skin
- If the skin becomes raw from rubbing on the cast