



## CAST CARE

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



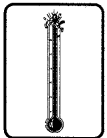
### ACTIVITIES

Elevate your arm or leg on a pillow. Rest and do not do anything that may injure you or your cast.



### SPECIAL CARE NEEDED

Do not get your cast wet. Watch for good blood flow on the hand / foot where you had surgery. **If it becomes cold, blue, numb, swollen, or you can't move it, call your doctor.** Put rubbing alcohol on the skin at the edge of your cast 2-3 times per day. This toughens the skin. Avoid oils or lotions because they soften the skin and allow blistering to occur. Use a blow dryer on COOL setting for itching or to dry a damp cast. **Never put anything between the cast and your skin** (example: a coat hanger).



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- If your cast cracks, becomes soft, has drainage or stains from the inside, has a bad smell.
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**