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Patient Instructions For Cast Care

Fiberglass Cast Care

It will take up to 2 hours for the fiberglass to get completely hard. Don't put any weight on the cast during that time or it may break.

Don't put creams or objects under the cast if you have itching.

To prevent swelling under the cast, do the following for the first 2 days (48 hours):

- If the cast is on your arm: Keep it in a sling or raised to shoulder level when you are sitting or standing. Rest it on your chest or on a pillow at your side when lying down. Keep the cast above the level of your heart.
- If the cast is on your leg: Keep it propped up above the level of your hip when you are sitting or lying down. Sleep with the cast raised on a pillow. Avoid crutch walking as much as possible during this time.

Follow-up care: Follow up as advised.

When to seek medical advice

Call your physician right away if any of these occur:

- The cast cracks
- The cast and padding get wet and stay wet for more than a day (24 hours)
- Bad odor from the cast or wound fluid stains the cast
- Tightness or pressure under the cast gets worse
- Fingers or toes become swollen, cold, blue, numb, or tingly
- You can't move your toes or fingers
- Pain under the cast gets worse or you feel a burning
- Skin around cast becomes red.
- Fever of 101°F (38.3°C) or higher, or as directed by your health care provider



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