

## Cast Care

### Do not remove the splint or cast.

- You may cut yourself while doing so.
- You could have increased pain.
- The broken bone may move and not heal properly.
- Surgery may be needed if the broken bone moves.

### Do not get the splint or cast wet or dirty.

- The wet cast material will cause skin break down leading to infection.
- Avoid swimming or having your child around water.
- It is necessary to cover the cast to go outside when it is raining.
- Bathing recommendations:
  - Sponge bathe small children.
  - Wrap splint/cast with a plastic bag or wrapping.
  - Do not immerse splint/cast in bath.
  - Hold splint/cast outside of the tub.
  - Showers are not recommended.
- If the cast gets wet, dry the inside as much as possible with a hairdryer on **COOL** air setting. **DO NOT USE HEAT.**

### Do not put any objects in the splint or cast.

- The skin under the cast can easily be cut and become infected.
- Try to avoid scratching the skin under the cast with any object including your hands.
- Objects can become stuck under the cast.

### Keep the injured body part elevated above the heart.

- This will help decrease the amount of swelling that occurs.
- Some swelling and tingling is normal. If any of the below occur, contact the office immediately or go to the nearest emergency room:
  - Decreased or no feeling in fingers or toes
  - Change in color of skin around the cast
  - Fingers or toes are cold to the touch

### If there are any concerns, always contact our office at 713-486-1820.

- Pain worsens or does not go away after pain medication is taken.
- Splint/cast becomes too tight or loose.
- Splint/cast cracks or breaks.
- Swelling that will not decrease.
- Increased numbness.
- Skin color change.
- Trouble moving fingers or toes.
- Splint/cast gets wet.
- A bad odor is coming from the splint/cast and it has not gotten wet.
- Objects become stuck in splint/cast.
- Child develops a fever greater than 101.4 degrees.