

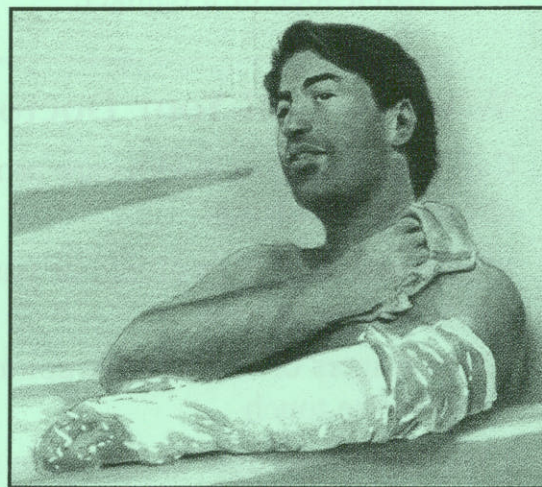
# Cast Care

You've just been given a cast made of ~~plaster~~ or fiberglass. This cast will hold your arm or leg in place to help it heal. Though it might feel a bit awkward at first, you'll soon get used to it. During the coming days and weeks, the way you treat your cast can play a big part in how fast and how well you heal. For the best results, follow the cast care tips on this handout.

## Keep the Cast Dry

A wet cast can become soft. Then it can't hold your limb in place. A wet cast can also cause infections or rashes. To keep your cast dry, do the following:

- Bathe as directed by your health care provider. When you bathe, keep your cast out of water and covered with plastic.
- If part of the cast gets slightly damp, pat it dry with a towel. If a fiberglass cast gets damp, you can dry it with the cool setting on a blow dryer.
- If your cast gets wet, call your health care provider.



To keep your cast dry around water, you can cover it with plastic. Use tape to keep the plastic in place.

## Handle with Care

For the best results, remember the following:



**Do**

- *Do* keep the cast clean and dry. Cover it with plastic to protect it when around dirt or water.
- *Do* use any support you are given, such as crutches or a sling.
- *Do* elevate the cast above your heart whenever possible.



**Don't**

- *Don't* slide anything inside the cast. This can cause infection.
- *Don't* put lotions or powders around the cast or inside it.
- *Don't* bang the cast.
- *Don't* cut the cast or pull it apart.
- *Don't* wash the cast.