

# TAKING CARE OF YOUR CAST

Below are the recommendations for the daily care of your cast.

## GENERAL RECOMMENDATIONS

- The cast will feel dry approximately 30 minutes after application.
- Do not walk on or place the cast on a hard surface until it is completely dry, which typically takes about 2 hours after application.
- Move your fingers/toes as much as possible to promote circulation.
- Flex your free joints as much as possible, unless otherwise advised by a medical professional.
- Do not insert anything under the cast, even if you experience itching (risk of injury).
- Avoid prolonged exposure of the cast to sunlight or heat.
- Do not allow the cast to get wet, as this can lead to maceration, sores, and infection.

### Be cautious:

**If the cast accidentally gets wet, have it replaced. Do not attempt to dry it with a hairdryer, as it may cause burns.**



- Seek immediate medical attention if the cast breaks and/or causes pain.
- If you are using an arm sling that prevents arm rotation, wear it both day and night. You can remove it for dressing and bathing, but avoid rotating the limb.

### **SEEK MEDICAL ADVICE IN CASE OF**

- Significant pain despite elevating the cast and taking painkillers
- Tingling and/or numbness in your fingers/toes
- Fingers/toes turning blue or white in colour
- Inability to move your fingers/toes
- A sensation of increasing pressure within the cast
- Small objects accidentally becoming lodged between the cast and your skin
- Obvious skin damage or irritation in or around the cast
- A broken cast or a cast with a foul odour

**Outside the opening hours of the paediatric emergency department at the Hirslanden Clinique des Grangettes, we recommend that you promptly contact another emergency center for assistance.**

### **CLINIQUE DES GRANGETTES**

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