



ORTHOPEDICS & SPORTS MEDICINE  
116 Westminster Pike, Suite 100  
Reisterstown, MD 21136  
410 833-9300

## **Instructions for Cast Care**

### **Caring for your cast:**

1. Always keep your cast dry (wrap a towel around the upper edge of the cast and then cover the cast with a plastic bag and seal prior to showering.)
2. If the cast gets slightly wet, dry it with a hair dryer set on cool. If the cast gets very wet, contact the office so we can arrange a time to change it.
3. No swimming allowed! The cast is not waterproof.
4. If you experience swelling, elevate the body part above heart level.
5. If the cast itches, tap on it with a wooden spoon or use a hair dryer on cool to blow air into the cast. Over the counter anti-itch medication such as Benadryl can be helpful.
6. Never place anything inside the cast such as a coat hanger or a ruler to scratch an itch.
7. Do not alter your cast in any way.
8. Do not put baby powder or perfumes on or in your cast.

### **If you experience any of the following, contact Dr. Koman's office immediately:**

1. Increased pain or swelling.
2. Change in color of the fingers.
3. Numbness or tingling.
4. Burning or stinging sensation.
5. Bleeding or drainage from the cast.
6. Rubbing at the edge of the cast.
7. Damage or wetness to the cast.
8. Cast feels too loose or too tight.
9. Foul odor coming from the cast.