

## CAST CARE TIPS:

- You should **not** drive with a cast on unless specifically allowed by your doctor. Some insurance companies will not cover you if you have an accident while driving with a cast.
- For the first week after your injury, you should keep the cast elevated whenever possible.
- If your cast feels tight, if it feels like your fingers or toes are going numb, feeling cold or tingling the cast should be split. If it happens between the hours of 8:30-4:00 pm please call your MOR Physician's Practice and they will get you in to the office to have the cast split. If it is after hours or on the weekend, you should go to the nearest Emergency Department to have the cast split. Please call to reschedule an appointment in the office for a week after the cast was split.
- If your cast itches, please do not put anything down the cast (no coat hangers, pens, pencils, chop sticks, etc.). Blowing cold air down the cast with a blow dryer or fan may help.
- If the edges of the cast get wet, blow the edges with a blow dryer.
- If the entire cast gets wet, please call for an appointment to have the cast changed as soon as possible as the skin can get macerated under the cast.
- To keep the cast dry, keep it out of water. Putting a plastic bag over the cast and tying it with duct tape or a rubber band can help keep the water out. Wrapping the top of the cast with saran wrap first and then covering it with a garbage bag is another option.