

It is important to remember that an injury is always accompanied by a certain amount of swelling. Therefore, it is important to keep the casted extremity elevated as much as possible, especially in the first day or two after casting.

Keep the cast dry. Whenever you shower, wrap your casted extremity with a plastic sack and fasten it securely beyond the upper edge of the cast with a rubber band. If your cast should accidentally become damp, it should be dried thoroughly with a blow dryer set on a cool setting. Failure to dry the cast completely may result in sores under your cast.

Prevent crumbs, dirt or other objects from getting inside the cast.

Do not attempt to shorten, loosen or remove your cast.

Avoid sticking objects inside the cast to scratch itching skin. Instead, try tapping or slapping the cast or scratch the same spot on the opposite arm or leg. These measures sometimes give partial relief.

Things to watch for:

1. Increasing or new pain after casting
2. Increasing swelling not relieved by elevating the casted extremity
3. Paleness or coldness of the finger (or toes)
4. Numbness or tingling in the affected limb, or decreased movement in the finger (or toes)
5. Cyanosis (blueing of the nail bed)
6. A weakened, cracked cast
7. An unpleasant odor or drainage from inside the cast (perspiration odor from the cast is normal)

If any of the above occurs, call Student Health Services immediately (909-869-4000) to arrange to come in if we are open. If we are not open, go to the nearest emergency room.

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