

Cast Instructions

Today a cast/splint has been applied to your arm. We apply both traditional casts with cotton liners and casts with gortex (“waterproof” casts). Until the time of your next office visit please:

- Keep the cast clean
- Elevate the arm on pillows for the next 24-48 hours.
- Check the fingers for coloration regularly.

Please contact our office (404) 352-3522 if:

- You think the cast is too tight or too loose.
- A point of discomfort develops beneath the cast.
- The feeling or coloration in the fingers changes.

Frequently asked questions about cast care:

- 1. Is my cast waterproof?** Only casts with gortex liners can get wet. If you do get your gortex cast wet, dry it with a blow dryer. If you have a traditional cast with a cotton liner, DO NOT GET IT WET. A plastic bread bag can be put on the arm to help prevent the cast from getting wet. Most stores also sell “cast bags” in the pharmacy area. If you have a cast with a cotton liner and the cast does get wet, it is usually necessary to have the cast changed.
- 2. Can I drive with my cast on?** No. You are not considered a safe driver with a cast/splint on.
- 3. What can I do at home about rough edges on my cast?** If your cast develops some rough spots and begins to rub your skin, you can purchase some “moleskin” at local sports stores and use it to pad the rough area. If you are unable to fix the cast, call the office and one of our orthopaedic techs will be happy to see you.