

Texas Foot Surgeons, PA
P.O. Box 690548
San Antonio, Texas 78269
Office:(210) 951-1208 Fax:(210) 692-9529

Hill Country Foot Surgeons, PA
P.O. Box 291768
Kerrville, Texas 78029-1768
Office:(830) 895-3400 Fax:(210) 692-9529

Cast Care Instructions

Your physician has carefully applied a cast and you should always follow his/her explicit instructions in taking care of this cast. Generally, unless your physician states otherwise, the following suggestions are helpful in cast care.

1. Do not bear weight until you are told by your doctor. A cast shoe is usually dispensed to you for this purpose, so the cast is not damaged.
2. Limit your walking and standing to 1/3 of your normal daily routine, unless otherwise instructed.
3. If you were told to use crutches to stay off the foot, don't put your weight on your arm pits at the top of the crutch. Your weight should be borne through your hand, wrist and forearm using the crutch handles.
4. Do not use the cast to strike or hit other objects.
5. Keep the cast dry at all times. Sponge bathing is recommended. Do not submerge the cast in water. Cover with a plastic bag (or two) and secure with duct tape as necessary. Or, purchase a cast cover.
6. Your cast may be inconvenient and you may have trouble sleeping. This is normal. Try wrapping the cast with a towel or place it on a pillow while in bed.
7. After several days, perspiration and dirt may cause itching. You must ignore this. Do not stick pencils, coat hangers or the like inside the cast. You could cut your skin.
8. Do not try to remove the cast yourself. Fiberglass casts require a special saw for removal.

Texas Foot Surgeons, PA
P.O. Box 690548
San Antonio, Texas 78269
Office:(210) 951-1208 Fax:(210) 692-9529

Hill Country Foot Surgeons, PA
P.O. Box 291768
Kerrville, Texas 78029-1768
Office:(830) 895-3400 Fax:(210) 692-9529

Cast Warning Signs

1. Excessive swelling of the leg or foot will make the cast feel more tight. This is noted by swelling at the edges of the cast, or blue color to the toes, or inability to move the toes, or numbness of the toes.
2. Excessive leg pain or annoying pressure in the foot or ankle that won't go away even after elevating the leg. This indicates the cast may be too tight.
3. The cast gets too loose and moves up and down more than 1/2 inch. This may rub against your skin, causing irritation or sores.
4. Deep cracks or soft spots in the cast. This causes skin problems.
5. Any drainage showing through to the outside of the cast. This will look brownish or dark yellow.
6. Any foul or rotten odor coming from inside the cast.
7. Any excessive tenderness in the groin or behind the knee. This may indicate an infection.
8. Sudden onset of fever or elevated blood sugar.

If any of the above exist, do the following:

1. Notify your doctor at once.
2. Do not walk on the cast and keep the leg elevated.
3. Use crutches or a walker to keep the foot off the ground until you see your doctor.