

Cast or Splint Care

Casts and splints support injured limbs and keep bones from moving while they heal.

HOME CARE

- Keep the cast or splint uncovered during the drying period.
 - A plaster cast can take 24 to 48 hours to dry.
 - A fiberglass cast will dry in less than 1 hour.
- **Do not** rest the cast on anything harder than a pillow for 24 hours.
- **Do not** put weight on your injured limb. **Do not** put pressure on the cast. Wait for your doctor's approval.
- Keep the cast or splint dry.
 - Cover the cast or splint with a plastic bag during baths or wet weather.
 - If you have a cast over your chest and belly (*trunk*), take sponge baths until the cast is taken off.
 - If your cast gets wet, dry it with a towel or blow dryer. Use the cool setting on the blow dryer.
- Keep your cast or splint clean. Wash a dirty cast with a damp cloth.
- **Do not** put any objects under your cast or splint.
- **Do not** scratch the skin under the cast with an object. If itching is a problem, use a blow dryer on a cool setting over the itchy area.
- **Do not** trim or cut your cast.
- **Do not** take out the padding from inside your cast.
- Exercise your joints near the cast as told by your doctor.
- Raise (*elevate*) your injured limb on 1 or 2 pillows for the first 1 to 3 days.



GET HELP IF:

- Your cast or splint cracks.
- Your cast or splint is too tight or too loose.
- You itch badly under the cast.
- Your cast gets wet or has a soft spot.
- You have a bad smell coming from the cast.
- You get an object stuck under the cast.
- Your skin around the cast becomes red or sore.
- You have new or more pain after the cast is put on.

GET HELP RIGHT AWAY IF:

- You have fluid leaking through the cast.

- You cannot move your fingers or toes.
- Your fingers or toes turn blue or white or are cool, painful, or puffy (*swollen*).
- You have tingling or lose feeling (*numbness*) around the injured area.
- You have bad pain or pressure under the cast.
- You have trouble breathing or have shortness of breath.
- You have chest pain.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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