



Cast / Splint Care Instructions for patients and families

When is the cast dry?

- **Fiberglass:** Allow one hour for cast to completely dry.
- **Plaster:** Allow two to four hours for cast to completely dry.

How do you take care of the cast / splint?

- Keep the cast dry.
- NO swimming.
- Keep the cast clean. If it gets dirty, you may clean it with a damp cloth. Allow cast to dry thoroughly after cleaning.
- You may decorate your cast with a sharpie marker.
- If you have any rough edges, use an emery board or nail file to smooth the edges down.

Itching

- Itch is usually caused by moisture on the skin or a healing wound. Using a hair dryer on a cool setting and blowing it down in the cast may help with the itching.
- Do NOT stick **anything** (coat hangers, knitting needles, etc) down the cast to scratch. This may damage your skin and / or cause an infection.

Bathing with a cast

- Wrap the cast in a plastic bag or large plastic trash bag and keep it sealed at the top as best as you can. Only sponge bathe around the area closest to the cast.
- If you get your cast slightly wet, use a hair dryer to dry the cast.
- If you get your cast very wet (where it is wet on the inside), you must call the office to have the cast changed. A wet cast on your skin may cause skin irritation.

Call us immediately, 910-790-9714, if you notice any of these warning signs:

- **Excessive or uncontrolled pain, especially if the pain is still uncontrolled while using a prescribed pain medication.**
- **Numbness, tingling or weakness of the affected area.**
- **Change in skin color to the area beyond the cast.**
- **Persistent skin irritation.**
- **If the cast / splint breaks or gets wet.**

Dale W. Boyd, Jr., MD | Debbie Sherman, PA-C

6019 Oleander Drive | Suite 200 | Wilmington | North Carolina | 28403 | t 910-790-9714 | f 910-791-1063