



Colorado
Foot Institute
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CAST CARE INSTRUCTIONS

PURPOSE OF A CAST

To hold bone, joints, muscles, ligaments, and tendons in their proper place until they heal from their injury.

DO'S OF A CAST

- Always check toes extended from cast to ensure there are signs of proper blood flow. Pinch your toe and your skin should blanch from normal tone to white and back to normal tone. Count the number of seconds it takes to return back to normal; less than 2-3 seconds is normal.
 - Circulation should be improved by raising the extremity, above the level of your heart is ideal.
 - Compression stockings to non-affected foot will help.
 - Symptoms such as extreme pain, puffiness, whiteness, coldness, or numbness can affect your circulation.
 - Any change in skin color, temperature or numbness in the affected extremity should be reported immediately. If you're concerned, please contact the office or go to the nearest emergency room.
- Clean toes outside cast, as this will help to decrease some of the odor you may experience.
- Using the proper walking aids, please remain non weight bearing, until released by Dr. Mechanik. Mobility aides include wheelchairs, knee scooters or crutches. Please let us know if you need assistance with any of these items. (www.southmetromedicalequipmentloancloset.com)

DON'TS OF A CAST

- Don't walk on the cast. Putting weight on your cast can break down casting material or break it and will require repair or replacement of the cast.
- Don't get the cast wet, as rashes, funguses and sloughing of the skin may occur. You may have to blot cast with towels and then using a blow drying (hair dryer) to evaporate all excessive moisture in the stockinet and padding. *But a wet cast will have to be replaced.* Please contact the office.
- Don't put any object under cast to scratch, as this will wad up the padding and may break the skin, causing an infection.
- Don't use any harsh liquid, such as solvents, for cleaning cast, or any paints for decoration, as they may cause burns and rashes on skin.
- It is not recommended that powder be put under cast, as it may become gritty and cause irritation.

If you have any questions or concerns, please contact the office or go to the nearest emergency room.