



CAST CARE INSTRUCTIONS



Aster
HOSPITAL

We'll Treat You Well



Digital Version



After a bone has fractured, it needs to heal properly. Orthopedic surgeons commonly use casts to support and protect broken bones. While casts are uncomfortable and often heavy, they effectively immobilize and support the fracture during the healing process.

IMPORTANT POINTS TO NOTE:

- Do not get your cast wet
- Elevate the cast on a pillow to decrease swelling
- Check for cracks or breaks in the cast
- Rough edges can be padded to protect the skin from scratches
- Do not scratch the skin under the cast by inserting objects inside the cast
- You can use a hairdryer placed on cool

setting to blow air under the cast and cool down hot, itchy skin. Never blow warm or hot air into the cast

- Do not put powders or lotion inside the cast

FOR CHILDREN WITH CASTS:

- Cover the cast while your child is eating to prevent food & crumbs getting inside the cast
- Prevent small toys or objects from being put inside the cast
- Encourage your child to move his/her fingers or toes to promote circulation



WHEN TO CALL THE HOSPITAL

Contact the clinic if you develop one or more of the following symptoms:

- Increasing pain
- Fever greater than 38.3°C/101°F
- Increased crying and irritability (in children)
- Complaints of numbness or tingling
- Cool or cold fingers/toes
- Blue or purple fingers/toes
- Increased swelling above or below the cast
- Cracks or breaks destabilizing the cast
- Drainage or foul odour from the cast



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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Mankhool, Kuwait Road, Al Mankhool - Dubai

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