

FLORIDA SPORTSMEDICINE AND ORTHOPAEDICS, PA

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GUIDE FOR YOU AND YOUR CAST

- Control your swelling by elevating the injured extremity. (Your injured extremity must be propped up above the level of your heart). This is important as swelling may cut off the circulation after a cast/splint is applied. For upper extremity walk with hand at the level of your heart and when at rest prop the hand or arm up on pillows. For the lower extremity, your leg should be elevated on pillows with your knee above the level of your heart and your ankle above the level of your knee.
- Moving your fingers and toes will also help to reduce swelling. You should wiggle your fingers/toes frequently throughout the day.
- Keep the cast/splint clean and dry. Should the cast get wet place a hairdryer on the cool setting and dry out the cast. You should try to avoid this if possible.
- Do NOT put anything down or under the cast. (coat hangers, pens, should NOT be used to “scratch” the skin) These items could get stuck in the cast and cause an infection.
- If your cast becomes loose, broken, or cracked contact our office. Sometimes when the swelling goes down, a cast will become loose.
- **Warning signs:** Extreme pain, numbness and tingling, extreme tightness, extreme swelling, or coldness in fingers/toes are all signs of an emergency. If you experience any of these problems, call our office so we can help you. If this occurs after office hours go to the Emergency Room of your choice.
- Once your cast/splint comes off be careful about sunburn. Lotion will help for dry skin. You will be stiff and sore. Take your time and regain range of motion. You may experience some swelling – continue to elevate for swelling. You can put the extremity in warm bath water and write the alphabet with the extremity. This can help you get the range of motion back.
- Additional Instructions: _____

Contact our office if you have any additional questions or concerns about your cast/splint. (850) 763-0346