

**AMBULATORY CARE**  
**ORTHOPEDIC PROCEDURE ROOM**  
**Post-Operative Instructions**  
**Care Of Your Cast – Post Orthopedic Procedure**

Your cast is designed to give you support and to prevent movement of your limb while the healing process is taking place. For the first few days you will be constantly aware of your cast. This is normal and you will adapt to it. Take frequent rest periods during the first 48 hours to allow for healing.

1. In bed:
  - keep arm or leg elevated on a pillow (protect the cast while it is damp)
  - the affected limb should be higher than the rest of the body
2. Out of bed:
  - keep your arm higher than your heart to prevent swelling
  - elevate the affected leg on a chair or stool while sitting
3. Exercise:
  - move the fingers or toes for several minutes every half hour to increase circulation, to reduce swelling and to prevent joint stiffness
4. Cast:
  - it can take 48 hours for the cast to dry completely depending on air humidity and thickness of the cast
  - keep the cast dry at all times
  - do not attempt to scratch under the cast for any reason
  - do not attempt to adjust or trim your own cast
  - if you are advised to use a cast walking boot, wear it at all times except when showering or sleeping

**ADDITIONAL INFORMATION:**

**Call your Surgeon or come to the Emergency Department immediately if you notice any of the following:**

- increasing tightness of cast
- numbness of fingers or toes
- swelling of fingers or toes
- blueness or whiteness of fingers or toes
- severe pain in the limb
- “pins and needles” sensation of the fingers or toes
- if the cast gets wet, soft, cracks, or there is a break, or rough edge which is irritating the skin
- if there is oozing from the surgical site underneath the cast
- if there is a foul odor from your cast

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#### **FOLLOW-UP:**

On the day of your procedure, you will be given the date and time of your follow-up appointment. When your cast is removed, it will be done with a specially designed cast saw that will cut through the cast, but not through the padding underneath. The skin is protected. Cast removal is fast and does not cause any discomfort.