

How can you keep the cast in good shape?

- **Keep it dry.** Cover the cast with a waterproof bag when bathing.
- **Do not rest cast on a hard surface or corner** for first 3 days; cast may take 3 days to completely dry and doing so may dent your cast.
- **Keep it clean.** Avoid getting dirt or sand inside the cast.
- **Avoid lotions.** Do not place powder, lotion, cream or deodorant on or underneath the cast.
- **Do not insert objects inside the cast.** Do not scratch the skin underneath the cast with an object, as this can damage the skin or the cast.
- **Leave cast changes to your doctor.** Do not trim the cast edges or pull the padding out of the cast.

What should you expect in the first week?

You may have **PAIN** for the first week. To control your pain:

- Use Ibuprofen or Acetaminophen (unless allergic). Follow the instructions on the bottle.
- Keep the broken bone raised, using a sling/pillow, to lower the swelling.

The skin underneath your cast may feel **ITCHY**. This is normal.

- To relieve itchy skin, use a hair dryer (on cool setting) to blow air into the cast.

Do you need to see another health care professional?

Yes, our team will book an appointment for you for a re-assessment and/or cast removal at UP. If a referral to an orthopedic or plastic surgeon was needed, our team will ensure to transmit the referral electronically and inform you of next steps

When should you ask for help?

- Your cast gets wet
- An object has fallen into the cast or the cast is broken
- There is redness on the skin around the cast edges
- Your pain is getting worse or pain medications are not helping
- Your fingers or toes become blue or white

Who do you call if you have any other questions or concerns?

UP centre for pediatric emergencies @ 450-693-0323