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## Cast/Splint Instructions

1. **Instructions for the first 48 hours after application**
  - Keep your arm or leg elevated above the level of your heart.
  - Move your fingers/toes repeatedly
2. **Instructions for your cast**
  - DO NOT GET THE CAST WET.
  - Rough edges of the cast may be smoothed with a nail file.
3. **General cast/splint instructions**
  - Do not place any objects inside the cast/splint.
  - Do not use any object to reach inside the cast/splint to scratch with as this may open or create a wound and cause an infection.
  - Cleanse the skin around the cast/splint every day.
  - Do not cut or trim the cast/splint. If it bothers you, consult your doctor.
  - Use crutches if indicated. Do not hop around.
  - Allow several periods during the day and night for elevation, on pillows, of the extremity in the cast/splint to minimize inflammation.
4. **Call your doctor if any of these symptoms occur**
  - Swelling or numbness or unusual tightness under the cast
  - Sore areas under the cast/splint
  - Inability to move fingers/toes, pain, or discoloration
  - Constant burning pain or a foul odor coming from within the cast/splint
  - Decreased sensation in the fingers/toes or cold to the touch

- Any object gets into the cast/splint

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