

Seeds Orthopaedics

Orthopaedics and Sports Medicine

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## DISCHARGE INSTRUCTIONS FOR CAST CARE

1. Keep your cast dry. It is very important that you do not get water inside your cast.
2. **DO NOT** stick anything down into your cast to scratch itching skin. If your skin is itching, you may use a hairdryer on a very low setting to blow warm air into your cast. **DO NOT** use a high setting as this may burn your skin inside your cast.
3. If your cast becomes tight due to swelling, be sure to elevate your arm or leg to help reduce the swelling. Elevating the cast above your heart will best help to drain the fluid and reduce the swelling. Please call the office if elevation does not reduce the swelling and your cast remains tight.
4. If your cast becomes too loose, be sure to contact the office. You may need to have your cast removed and another cast applied.
5. **Do not under any circumstance cut or trim your cast.** Your cast has been placed to keep your broken bone in proper alignment to promote proper healing. Any adjustment you make to your cast may cause delayed or improper healing of the bone.
6. Be sure to closely observe your skin around the edges of your cast. If any areas of the cast are rubbing the skin to cause irritation, please call the office. We will be able to properly trim the cast to prevent damage to the skin.
7. If you begin to feel areas inside your cast becoming sore from pressure or rubbing by the cast, please call the office. We may need to remove the cast, inspect the skin and apply a new cast.
8. **CALL THE DOCTOR'S OFFICE** if you experience numbness or tingling, severe pain, or swollen fingers or toes. You will also need to call the office if you break the cast, damage the cast, or get your cast wet inside. If the doctor's office is closed, you will need to go to the emergency room to have your cast checked.

**\*\*\*\*\* PLEASE REMEMBER\*\*\*\*\***

**YOU WILL BE IN A CAST FOR SEVERAL WEEKS. THIS CAST HAS BEEN  
PLACED TO HELP ENSURE THAT YOUR BONES HEAL PROPERLY.  
YOU CAN HELP BY TAKING GOOD CARE OF YOUR CAST**

The office is open Monday thru Friday from 8:00 AM to 5:00 PM.

Phone number is 440-997-5427

( ) I have reviewed and received the discharge instructions sheets for hand or wrist surgery.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

Nurses's Signature: \_\_\_\_\_

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