Information for Patients in a Cast

Please note the following,

1. Elevate the cast above your heart as much as possible to reduce swelling.

   (Lowering the limb will increase swelling and constrict it in the cast.)

2. If your fingers or toes become severely swollen, sore, stiff,or change color try to keep the cast elevated. The best posture is to keep the cast elevated on a cushion or other surface in a lying position.

3. Please call the hospital immediately if the symptoms do not change after 30 minutes.

4. Move your fingers or toes as much as you can to help with circulation.

5. Please call the hospital if your cast is too loose or broken.

6. Keep your cast dry.

Contact Information:

Outpatient Orthopaedic Surgery: 078-382-6930 (Weekdays: 8:30 - 17:00)

Emergency Room: 078-382-6510 (Night time, Weekends and Holidays)

Outpatient Orthopaedic Surgery