



LONG LAKE PODIATRIST, P.C.

DAVID H. BERLIN, D.P.M.
Medical Surgical Foot Specialist
Member - Michigan State Podiatry Association
Member - Academy of Ambulatory Foot Surgery

2914 E. Long Lake Road
Troy, MI 48098
Telephone: (313) 528-0709

EASY LIVING WITH YOUR CAST

Here is a check list of things you should do and problems you should watch for while wearing a cast. Always remember to follow your doctor's instructions carefully.

***EXPOSE CAST TO AIR TO PROMOTE DRYING**

It usually takes 2-3 days for a cast to dry completely. During this time it's important to support the entire length of the cast on a pillow to reduce the chance of denting.

***KEEP CAST DRY**

Using water is unavoidable, but there are ways of preventing the cast from softening or crumbling. Cover it with a watertight bag whenever you're going to come in contact with water, and always wrap the cast edges with plastic before you wash the surrounding skin.

***AVOID HIGH ROOM TEMPERATURES AND EXCESSIVE ACTIVITY**

Heat and perspiration can make cast wearing very uncomfortable.

***REDUCE THE CHANCE OF SWELLING BY ELEVATING CAST LIMB.**

***IF YOU WANT TO AUTOGRAPH OR DECORATE YOUR CAST, USE POROUS PAINTS ONLY**

Skin beneath the cast breathes through invisible holes in the plaster. Nonporous paints block these holes and prevent the passage of air to the skin.

***DO NOT ALTER, TRIM OR PHYSICALLY ABUSE CAST.**

This may damage the cast and directly affect the time needed for healing



***DO NOT PUT THINGS IN YOUR CAST.**

***DO NOT PULL CAST PADDING CAST.**

An itching sensation under the cast is natural. However, if it becomes troublesome, consult your doctor.