



Cast and Splint Care

Avoid getting your cast or splint wet. Keeping it dry will help prevent skin irritation and odor. To keep your cast/splint dry in the shower, you can enclose it in a plastic garbage bag. Tape the open end of the bag so that water can't get in.

If your cast/splint gets wet, towel dry it as much as possible. Then, use a hairdryer on a cool setting to dry it. If it gets extremely wet and soggy, please contact our office.

Keep sand and dirt out of your cast/splint. If it becomes itchy, blow air into it with a hairdryer on a cool setting. DO NOT use coat hangers or put any objects into your cast/splint, and DO NOT pull the padding out of it.

Call our office at 270-504-1300 (Hartford) or 270-691-0059 (Owensboro) if you have any of the following:

- Finger/Toes become very pale or blue
- Finger/Toes are numb or tingling
- Finger/Toes are much colder than the opposite side
- You are unable to move Fingers/Toes
- There is a very foul odor or drainage coming from under your cast/splint
- A skin rash or sore develops around the cast/splint
- Your pain increases significantly
- Your cast/splint is broken or falling off
- Your cast/splint becomes very loose
- Swelling increases and does not go down after elevating your hand or foot above your heart for an hour

Avoid too much activity and situations that may re-injure you or damage your cast or splint. Remember your cast/splint is there to help your arm or leg heal. If you have any concerns, do not hesitate to call.