



Cast Care

General Cast Care Do's and Don'ts

DO

Follow your doctor's instructions

Keep your cast clean

Inspect the skin condition around the cast area

File down any rough spots on the cast with an emery board

DO NOT

Insert objects inside the cast

Use oils, oil-based lotions, or powders near the cast

Pull out or rearrange Cast Liner

Place additional padding inside the cast

Break off or trim cast edges

Engage in vigorous activity involving the cast area

Sunburn the cast area soon after the cast is off

CONTACT YOUR DOCTOR IF

You have pain or swelling

You feel a blister or sore developing inside the cast

You notice an unusual odor coming from the cast

You experience numbness or persistent tingling

Your cast becomes badly soiled

Your cast breaks, cracks, or develops soft spots

Your cast becomes too loose

You develop skin problems at the cast edges

Get it
wet.
Keep it
clean.



You develop a fever
You have any questions regarding your treatment

This information is intended as a guideline only. It is not intended to supersede any directions given to you by your physician or other health care professionals.

Remember that your cast helps the healing process. Avoid any activities that might interfere with healing and always follow your doctor's specific instructions about proper care of your cast and your injury.

Some patients may experience cast-related complications, including: skin irritation, rash, redness, maceration, blisters, itching, odor, discomfort, or broken casts. If this occurs please contact your physician.

If you have additional questions about caring for your cast or PROCEL Cast Liner, please contact your doctor or Gore.

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