



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Cast Care

Elevate your injury above the level of your heart for the first few days the cast is applied to prevent swelling.

Exercise (wiggle) exposed fingers or toes to promote healing and prevent swelling.

DO NOT scratch or stick anything under your cast. You may use a hair dryer on COOL settings to blow air into the cast from one of the open ends.

Call the office at 782-0600 x3333 if elevation does not relieve any of the following symptoms:

- Numbness/tingling or cold blue fingers
- Extreme pain (moderate pain is normal)
- Extreme tightness of you cast

If you break or damage your cast, keep your injury as still as possible and call our office immediately.

Your cast must stay completely dry.

If it becomes slightly wet (padding is just wet around the edges) you may use a blow dryer on low heat to dry your cast.

If your cast padding becomes very wet, please call our office to have your cast changed.

If you wish to purchase a waterproof cast bag they are available for purchase at the Reading Ridge pharmacy. Contact information is provided below for your convenience. It comes in a variety of sizes and creates a vacuum seal to allow you to shower or swim with confidence.

For an accurate fit, it is highly recommended that the patient go to the pharmacy at the time of the purchase.

Reading Ridge Pharmacy (located 3.5 miles south of our Wescott office)
8 Reading Road, Suite 206
Flemington, NJ
908-782-7576