

**YOU**  
**&**  
**YOUR CAST**



## **WHY ME?**

You are probably wondering just how you're going to manage for the next few weeks with a cast. Perhaps knowing that last year over three million casts were worn for fractures and sprains will give you some comfort.

But it's you we are talking about. And it may be a new experience for you. So be prepared to spend a little time adjusting to the cast. Read this booklet carefully and you'll have it mastered in no time at all!

**LAST YEAR, MORE THAN  
THREE MILLION CASTS  
WERE WORN FOR FRACTURES  
AND SPRAINS.**



## **A DIFFERENT KIND OF CAST**

Your doctor has chosen to fit you with a cast constructed of one of the most innovative casting materials available, designed with your comfort in mind. Your cast is made of fiberglass, which means that the cast is lightweight, strong and durable. It should make wearing a cast easier than you're expecting it to be.

## **THE FIRST FEW DAYS**

It does take some time to adjust to a cast. At first you will be constantly aware of it. You should try to take life a little easier and slower — you will not be able to do all the things you were able to do before your injury. But, with time you will become accustomed to the cast, and adjust to your new physical limitations.

After a time, you may find that you can perform most of the activities you were doing before your injury. However, you should exercise some caution to assure that your injury will heal without complications.

## **GENERAL PRECAUTIONS**

Following these precautions will help to assure that you get back to normal as quickly as possible:

- 1** Follow your doctor's instructions carefully regarding physical activity.
- 2** Move fingers or toes frequently to reduce swelling and joint stiffness.
- 3** If your doctor fits you with a cast walking shoe, wear it at all times except when sleeping or showering.
- 4** Do not use anything to scratch under the cast, as this may break the skin and cause an infection. If itching is a problem, tell your doctor.
- 5** Never stuff cotton or toilet tissue into the ends of the cast, since it may work its way into the cast, causing pressure that could result in serious medical problems.
- 6** Avoid bumping or knocking the cast against any hard surface.

**7** Never trim or cut down the length of your cast yourself.

**8** Contact your doctor if you have any problems with your cast and especially if you experience any of the following signs or symptoms:

- pain unrelieved by medication your doctor has prescribed
- cast feels too snug or tight
- cast becomes loose, broken or cracked
- painful rubbing or pressure develops beneath the cast
- you experience continued coldness or notice a whitish or bluish discoloration of your casted limb
- pain, numbness or continued tingling of the casted fingers or toes



## **CAST CARE**

One of the advantages of your fiberglass cast is that it is unaffected by water. If your cast becomes soiled, you can clean it with a damp cloth and mild soap, but use only a small amount of soap as it could seep through the cast and cause skin irritation.

If you find a rough edge on your cast, you can reduce it by *light* filing with a nail file or emery board.

If your cast is immersed in water, either accidentally or by authorization of your physician, you must dry it thoroughly or problems will result. To dry a wet cast, use a blower-type hair dryer. Drying time is from 30 minutes to two hours depending on the cast construction.

## **SAYING GOODBYE TO YOUR CAST**



When your injury has healed, your cast will be removed with a saw that has been specially designed for this purpose. Cast removal is usually a fast and painless process.

## **BACK TO NORMAL**

Your doctor will determine how much physical activity is advisable following removal of your cast.

## **SPECIAL CAST CARE INSTRUCTIONS:**

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**GOOD LUCK**  
**WITH YOUR**  
**NEW CAST!**





## Health Care

3M Center, Building 275-4W-02  
St. Paul, MN 55144-1000  
USA  
1 800 228-3957  
healthcare@3M.com  
www.3M.com/healthcare

## 3M Canada

Post Office Box 5757  
London, Ontario N6A 4T1  
Canada  
1 800 563-2921



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