

Dean Smith, MD
1200 Binz St, Suite 580
Houston, TX 77004
713-524-0580
713-524-0581 fax

Instructions for Cast and Custom Splint Care

Caring for your cast:

1. Always keep the cast dry (wrap a towel around the upper edge of the cast and then cover the cast/arm with a plastic bag and seal prior to showering)
2. If the cast gets slightly wet, dry it with a hair dryer set on cool
3. No swimming allowed! The cast is not waterproof
4. If you experience swelling, elevate your arm above the heart
5. If the cast itches, tap on it with a wooden spoon or use a hair dryer set on cool to blow air into the cast. Over the counter anti-itch medication such as Benadryl can be helpful
6. Never place anything inside the cast such as a coat hanger or a ruler to scratch an itch
7. Do not alter your cast in any way
8. Do not put any baby powder or perfumes on or in the cast

If you experience any of the following, contact Dr. Smith's office immediately:

1. Increased pain or swelling
2. Change in color of the fingers
3. Numbness or tingling
4. Burning or stinging sensation
5. Bleeding or drainage from the cast
6. Rubbing at the edge of cast
7. Damage or wetness to the cast
8. Cast feels too loose or too tight
9. Foul odor coming from the cast or arm