

Central Vermont Medical Center

ORTHOPEDICS & SPORTS MEDICINE

Cast Care Instructions

- ✓ Keep cast clean and dry, call if you get it wet.
- ✓ Elevate the extremity above the heart and ice for 30 minutes, 5-6 times per day for 1-2 days.
- ✓ If you have discoloration, increase in pain, or numbness and tingling, give us a call.
- ✓ Try not to use the extremity unless advised to do so by your provider.
- ✓ Do not put anything down your cast for any reason!
- ✓ Call if you have any questions or problems.