

## CAST CARE

1. Keep the cast out of bed sheets or uncovered until the cast is completely dry. Place the cast on a soft pillow and avoid movement during the first 24 hours. This promotes the drying process and prevents any pressure areas that may affect the cast.
2. Do not use a hair blower to dry the cast as this may cause the cast to break.
3. Do not let the cast get wet. A wet cast will irritate the skin, soften, crack and fail to hold the arm or leg in the correct position.
4. Do not cut or clip the cast.
5. Cover the cast with a plastic bag when bathing to prevent any moisture getting onto or into the cast.



## SKIN CARE

1. Change body positions often to prevent bed sore occurrence.
2. Do not insert anything between skin and cast when area feels itchy as this may damage the skin and cause infection. Try to massage skin areas above and below cast and lightly tap on the surface of the cast. For severe itching, check with your Doctor about a medicine to relieve it.

1. When the cast is on the hip or trunk of the body please raise the shoulders and head when using the bedpan to prevent feces and urine backflow.
2. Moisture cream may be used on dry, itchy skin areas above and below cast to prevent scratching.
3. The lining inside the cast protects the skin. Please do not remove.
6. If cotton, tissue or hard object is inserted into the cast the lining could become distorted and the uneven pressure may influence blood circulation.



## TO REDUCE SWELLING

In order to promote circulation, reduce swelling and improve pain relief please note the following:

1. Elevate the broken extremity higher than the heart when lying in bed. Use pillows or raise the end of the bed.
2. Wear a sling to elevate the broken upper limb. When sitting, rest broken lower limb on an elevated surface to keep affected area higher than heart.

3. Follow the movement exercises listed below when the Doctor allows it.

### Cast on upper limb:

Raise upper arm with movement from the shoulder upwards at least 10 times every 2 hours.



Has lifted up high the shoulder

Open and close fingers, bending finger joints at least 10 times every 2 hours.



Move your hand to make a fist at least 10 times every 2 hours.



### Cast on lower limb:

Raise leg at least 10 times every 2 hours.



Initially this movement may be difficult and assistance may be needed.

ATTENTION: Do not raise the injured limb that has the cast on too fast. Do gently as it could be painful.

Extend leg by pressing a soft bar behind knee at least 10 times every 2 hours.

Place fist under healthy knee and apply pressure to top of knee to extend the muscles. Do the same for the injured limb but do not use point pressure. The patient is required to use his/her own power for leg extension.



ATTENTION: Do not press on the newly applied cast with your hand as this may cause a pressure point and break the cast. The cast must be completely dry before any type of movement can be performed. A Scotch cast will dry in one day and the common cast approximately 3 days.

### DIET

Please drink more fluids and eat foods with extra fiber. This will prevent complications due to immobilization such as kidney stones and constipation.

### WHEN SHOULD I CALL THE DOCTOR?

1. Fingers and toes of injured limb feel cold, numb, tingling, or become cyanotic.
2. Pain that does not go away, unusual odor or apparent discharge.
3. The injured extremity has severe swelling.
4. Cast becomes soft or cracked.

### CAST REMOVAL

1. The Doctor will decide when the cast is to be removed. The cast is cut with a special tool that creates vibrations and does not hurt the skin.
2. The skin under the cast will be hard, dry and dirty. Do not wash it with soap or polish because the skin is fragile at this time and may become injured if stimulated too much. Clean the skin with warm water and massage with moisture cream.

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## Cast fixed patient notice 【英文版】



### NURSING DEPARTMENT

Consulting phone number:  
Day: (04) 7256652  
Night: (04) 7238595 extension # 3791  
Special number for compliments:  
(04) 7238595 extension # 3920  
Special number for complaints:  
(04) 7238595 extension # 3925  
Web site:// [www.cch.org.tw/teach.aspx](http://www.cch.org.tw/teach.aspx)



彰化基督教醫院  
CHANGHUA CHRISTIAN HOSPITAL

Cast fixed patient notice -Nursing Education Information	Patient/family signature
Number: 5736-leaflet - English -115-03	