



Post Cast Care Instructions

Now that your cast is off, skin that has been covered by a cast will likely be dry and flaky. It is normal for the injured area to feel stiff and look weaker or smaller than before the injury, this is due to inactivity.

SKIN CARE

- The newly exposed skin may be dry, itchy and tender at first, this can sometimes last for up to a week.
- DO NOT pick or peel dry skin, this may cause blisters.
- AVOID shaving legs for at least 24 hrs. after cast has been removed, shaving could cause blisters.
- DO NOT scratch skin with fingernails, skin is tender, and your nails can cut the skin; instead, use your open palm to rub itchy skin.
- Wash extremity in warm soapy water, may gently use a washcloth to slough off dried skin.
- Discuss with your provider if there are incisions that are not completely healed.
- Lotion (fragrance free, non-alcohol) can help make your skin soft again.
- Take precautions against sunburn.

NOTE: *If you have open areas on your skin after cast removal, or increased pain, redness or swelling, call the office.*

RETURNING TO ACTIVITY

- Your doctor may recommend exercises to do at home to help rebuild the muscles in that area. or your doctor may order physical therapy for instructions for a formal exercise program.
- Remember the bone may still be weak from the injury, so use caution when returning to normal activities.
- Your doctor will give instructions for returning to your regular level of activity.
- CAUTION: since your injury is still healing, it may swell even after the cast has been removed. (This is especially true for leg injuries and can last for up to 12 months.)
- Elevate the injury higher than the heart to help reduce swelling.
- If swelling continues, call the office.

You can send NON-URGENT secure messages to your provider through our Patient Portal.
Go to www.orthocarolina.com/portal. Once you are logged in, click on "MESSAGES" to submit your questions.

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