Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Cast Care Instructions

This information will help you to take care of your cast. Please read this information carefully. Feel free to ask the doctors any questions you may have about your recovery at home.

Activities

- Keep your leg elevated as much as possible to prevent or decrease swelling. Remember "toes above your nose".
- You should exercise the joints above and below the cast to prevent stiffness. Wiggle your toes often.
- Try to keep the cast clean and dry at all times.
- If your doctor allows you to shower, cover the cast with a plastic bag or a waterproof cast shower bag to keep it dry.
- Regularly check the edges of the cast for crumbling or cracks. If you have any, you should cover the edges with adhesive tape or moleskin
- It is advisable to rub alcohol in the skin at the edges of the cast to toughen your skin.
- To relieve itching, we suggest that you use a hair dryer to blow cool air down into the cast. Putting sharp objects into the cast may scratch your skin and cause an infection. Also, avoid putting powder or cologne into the cast.
- Avoid air travel while wearing a cast. It is not advised that you fly when in a cast, as you will increase your risk of a blood clot in your leg.

When to Call the Doctor

Please call your doctor if you notice any of the following:

- Increased pain in your foot/ankle.
- Increased swelling, numbness, or tingling of your foot.
- Drainage or a foul odor coming from the cast.
- Burning feeling under the cast.
- Soft spots or cracks in the cast

Revised 10/2021