



# Prairie Path

Foot & Ankle Clinic  
[www.ElmhurstFootDoc.com](http://www.ElmhurstFootDoc.com)

## Cast Care Instructions

### Do:

- Follow your doctor's instructions
- Keep your cast clean
- Inspect the skin condition around the cast area
- File down the rough spots on the cast with an emery board

### Do Not:

- Get cast wet! We recommend purchasing a cast protector
- Insert objects inside the cast
- Use oils, oil-based lotions or powders near the cast
- Pull out or rearrange cast liner
- Place additional padding inside the cast
- Break off or trim cast edges
- Engage in vigorous activity involving the cast area
- Sunburn the cast area soon after the cast is off

### Contact Your Doctor If:

- Your cast feels too tight
- You have pain or swelling
- You feel a blister or sore developing inside the cast
- You notice an unusual odor coming from the cast
- You experience numbness or persistent tingling
- Your cast becomes badly soiled
- Your cast breaks, cracks or develops soft spots
- Your cast becomes too loose
- You develop skin problems at cast edges
- You develop a fever
- You see any discoloration of your visible toes
- You have further questions regarding your treatment