



Orthopaedic Specialists of Modesto

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CARE OF YOUR FIBERGLASS CAST

1. Keep the arm or leg in the cast higher than your heart in order to prevent swelling.
2. If any of the following are observed, or complained of, call the office immediately for advice:
 - large amount of swelling
 - numbness or loss of feeling
 - inability to move fingers or toes
 - blueness of fingers or toes
 - severe pain
 - unusually foul odor
 - breaking of the cast
 - with infants or young children, crying which cannot be soothed by usual methods
 - if you feel a blister is forming under the cast
3. Do not get the cast wet. If this should happen, you can attempt to dry it out with a hair dryer set on a low setting. If the cast does not dry completely, call the office to arrange to have it replaced.
4. Do not put baby powder or talcum powder inside of the cast and do not stick objects inside the cast to scratch.
5. The rough edges may be filed down with an emery board. You may cover the cast with a plastic bag and tape it in place while showering. Watch for skin irritations.