



Mammoth  
Orthopedic  
Institute

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## CAST CARE AT MAMMOTH ORTHOPEDIC INSTITUTE

### **Sports Medicine**

*Timothy S. Crall, MD*

*Brian B. Gilmer, MD*

*David Hackley, MD*

*Bartlett White, PA-C, MPH*

*Karly Dawson, PA-C, MPH*

*Sarah Lang, MEd, ATC, OTC*

*Zachary Smitheman, MS, ATC, OTC*

*Kelli Wagner, EMT, OTC*

### **Joint Replacement**

*Michael M. Karch, MD*

*Britt Cogan, PA-C*

### **Foot & Ankle Surgery**

*Stephen Knecht, MD*

*Abigail Keough, ATC*

### **Hand Surgery**

*Richard Brown, MD*

### **Spine Surgery**

*Richard Thunder, MD*

### **Radiology- Orthopedics**

*Shawn Farnell RT (R), EMT*

*Katie Dease, OTC, EMT RT (S)*

**Elevate your broken bone above your heart.** The cast stabilizes your bone by limiting movement, but it also may cause constriction if your injury swells. If your arm or leg swells inside your cast, it can cause excruciating pain, which may require another visit to your healthcare provider to have the cast split or replaced. Using a pillow to elevate your cast while sitting or sleeping can help you decrease this risk.

**Take it easy.** For the first few weeks after your fracture, you will want to take it easy and avoid bumping or using putting pressure on your fractured bone.

**Keep your cast dry and clean.** Keeping your cast clean can extend the life of the cast. Water also compromises the effectiveness of fiberglass casts and can soak through the cotton which can macerate your skin. To prevent damage to your cast, cover it with a plastic bag or a cast cover before bathing or going outside in the rain. Getting water inside your cast can cause an infection and promote mold growth.

**Don't stick anything in your cast.** During your recovery, the skin under your cast may itch. While this is uncomfortable, don't stick knitting needles, wooden spoons or anything else in your cast in an effort to relieve the itching. You may damage your skin, compromise the stability of the cast, or accidentally drop the object into the cast causing more discomfort.

**Don't apply lotions, powders or deodorant to the skin under the cast.** They may cause bacteria growth.

**Don't break off the edges of your cast or pull out the padding.** Occasionally, the edges of your cast will become ragged. Avoid trimming the cast yourself.

**Don't take your cast off.** Removing your cast not only hinders healing, but it can also cause injury. Casts are durable. Your healthcare provider has a special tool that vibrates through the cast but does not cut the skin or padding underneath. Using home-improvement power tools to remove a cast can cause serious injury.

**Please call us if:** your cast smells funky, rotten or moldy as it may be a sign of infection. If you experience paralysis, pain, increased swelling, tingling, numbness, burning or stinging, don't ignore it. If you notice red or raw skin under your cast.

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[www.mammothhospital.com](http://www.mammothhospital.com)

[www.mammothorthopedic.com](http://www.mammothorthopedic.com)

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