



# Foot & Ankle Associates Inc.™

Arthroscopic & Endoscopic Foot & Ankle Center™

Diabetic Foot Center™

## GOOD CAST CARE

**ELEVATE** your injury during the first few days after your cast is applied. This will prevent swelling by allowing the blood fluids that have collected near the injury to drain. And because blood runs downhill, **elevate your cast above your heart.** The fluids will then return to your heart where they will be properly circulated. Your doctor will tell you how often and for how long your cast should be elevated.

**DON'T SCRATCH** under your cast. Itching is a nuisance but try to bear with it for a few days and it will improve. Don't try to scratch by poking hangers or sharp objects into your cast. You might try sprinkling baby powder near the end of your cast.

**EXPERIMENT** with ways to make sleeping more comfortable. Try putting pillows under and around your cast to cushion it. You might try creating a makeshift "toe warmer" out of an old hat or oversize sock so that your toes will stay warm.

**EXERCISE** your fingers and toes by wiggling them back and forth. These simple exercises improve circulation, pumping the collected blood fluids through the veins and back to your heart. Remember: good circulation not only prevents swelling, but it also aids healing - so keep your toes busy!

## **CALL IF.....**

Call if you have a great deal of swelling which does not go down after keeping the limb higher than your heart level for 30 minutes or so.

Call if the toes below the cast are numb or hard to move.

Call if your toes are blue instead of pink after you have kept them up for awhile.

Call if you notice a foul smell from your cast.

Call if a little pain becomes sudden, severe pain.

Call if the cast cracks, breaks, is too loose or if it gets wet.

Call if the cast becomes too snug or too tight.

Board Certified American Board of Podiatric Orthopedics

Board Certified in Foot & Ankle Surgery

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