

Cast Care Instructions

You and your cast will be spending a lot of time together. Here are a few tips to maximize your health and comfort.

Cast Care Guidelines:

Keep it Clean.

Don't put or insert anything into your cast.

Keep it Elevated.

Keep your casted extremity above your heart as much as you can — and move your digits (if they're free) periodically.

Keep it Dry.

In the shower, be sure your cast is sealed from moisture. (Ask us about great products available!)

Keep Checking on it.

Especially if you are a parent with a small child who is in a non-removable cast or splint, please inspect the cast regularly for: wetness, things down in the cast or splint and also for integrity. A broken cast will not provide the necessary immobilization and may even be dangerously sharp from the broken edges.



Anchorage Cast Care:

Mon - Fri, 8a-8p; Sat & Sun, 12-6p
3801 Lake Otis Parkway, Suite 200

562-2277

Wasilla Cast Care:

Mon - Fri, 8a-6p
1700 Bogard Road, Suite 120 (Wasilla)


357-2267

Frequently Asked Questions

“What if I get an itch?”

Resist! Do not put ANYTHING into the cast to scratch an itch. Casts desensitize the skin and scratching could cause injury or infection.

- Using the back of a spoon, try tapping the cast over the area that itches.
- With a blow dryer set on COOL, blow cool air inside cast.
- Elevation is important and often remedies the itching.



For elevation to be effective, your cast must be above the level of your heart.

For lower extremities, lie back on a couch or bed and put cushions under your leg(s) so your heel is about chin level. You can also lie on the floor and put your legs up on a couch or chair.

For upper extremities, you may find quick relief by simply raising your arm in the air for a few minutes. Or lie down and prop your arm up so it's higher than your heart.

“What do I do if I have swelling?”

Periodic swelling is normal. You may also notice some color from bruising in your digits and the cast or splint may even seem like it is getting tighter at times.

When this happens, this is just your body's way of letting you know that it is time to elevate!

- Elevate your injured extremity above heart level and rest.
- Try using an ice pack or a package of frozen peas or corn to reduce the swelling of your extremity. But remember, keep your cast dry!

“What if my cast gets wet?”

Moisture in your cast may compromise its integrity and cause skin irritation or infection.

- If only the surface of the cast is wet, pat it dry with a towel. You could also try using a hair dryer on cool to medium heat. If you are unsure, please contact us.
- **Call OPA: 562-2277 (Or 357-2267 in Mat-Su)**
We'll either advise you over the phone or have you come in.

When to Call OPA

- **If your cast hurts.** Casts are not supposed to hurt, so if your cast hurts (not pain from your injury) please visit us as soon as possible. We will do our best to alleviate the issue.
- **If you're about to fly.** If you are going to be on an airplane for longer than an hour, please stop by on the day of your trip or a day or two before. We will make the cast or splint easier to remove in the event you experience some circulation issues while in the air.
- **If you get your cast wet.** If your cast gets soaked or you have any questions about its integrity, please call us and we'll advise you on what to do.
- **If you have any questions or concerns.**
We are here to help you 7 days a week!