



South Florida Institute of Sports Medicine™

Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

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Diplomate, American Board of Foot & Ankle Surgery*

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Children's Foot, Ankle & Leg Deformities

Flat Feet in Adults & Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care
Foot, Ankle & Leg

Total Ankle & Big Toe
Joint Replacements

Reconstructive Foot,
Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot &
Ankle Surgery

Achilles Tendon
Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries
Ankle & Lisfranc

Reconstructive
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care &
Charcot Reconstruction

Nerve Injuries

- Neuromas
- Tarsal Tunnel
- Entrapments

Taking Care of Your Cast

1. Always keep the cast clean and dry.
2. If the cast becomes very loose as the swelling goes down, call the doctor for an appointment, especially if the cast is rubbing against the skin.
3. Cover the cast with a plastic bag or wrap the cast to bathe (and check the bag for holes before using the bag a second time). Some drug stores or medical suppliers have cast covers - plastic bags with Velcro straps or rubber gaskets to seal out water for protection during bathing.
4. If a fiberglass cast gets damp, dry it (make sure it dries completely). Because a fiberglass cast allows air through it, a hairdryer on the cool setting should do the trick (do not try to dry it using a hairdryer without a cool setting - you could burn yourself). If you have any trouble getting the cast dry, call your doctor to find out if the cast needs to be replaced.
5. If the cast gets wet enough that the skin gets wet under the cast, contact the doctor. If the skin is wet for a long period of time, it may break down, and infection may occur.
6. Sweating enough under the cast to make it damp may cause mold or mildew to develop. Call the doctor if mold or mildew or any other odor comes from the cast.
7. Do not lean on or push on the cast because it may break.
8. Do not put anything inside the cast. Do not try to scratch the skin under the cast with any sharp objects; it may break the skin under the cast and lead to an infection. Do not put any powders or lotions inside the cast.
9. Do not trim the cast or break off any rough edges because this may weaken or break the cast. If a fiberglass cast has a rough edge, use a metal file to smooth it. If rough places irritate the skin, call the doctor for an adjustment.
10. If the cast is on the foot or leg, do not walk on or put any weight on the injured leg, unless the doctor allows it.
11. If the doctor allows walking on the cast, be sure to wear the cast boot (if given one by the doctor). The boot is to keep the cast from wearing out on the bottom and has a tread to keep people in casts from falling.
12. Crutches may be needed to walk if a cast is on the foot, ankle, or leg. Make sure the crutches have been adjusted properly before leaving the hospital, surgery center, or the doctor's office and make sure you understand and can demonstrate proper use of crutches.

www.SouthFloridaSportsMedicine.com

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