

CAST CARE INSTRUCTIONS

Please call (714) 633 – 2111 or (949) 600 - 8800 if you have any concerns or questions.

Our Website: <https://www.posocortho.com/>

- **DO NOT GET THE CAST WET:**
 - For bathing/showering little ones under 5 years of age, you can do sponge baths.
 - For bathing/showering 5 years and up, you use cling wrap/saran wrap with a trash bag on top. Then close it off above the cast with an elastic tie such as a hair tie or rubber band.
 - Alternatively, you can buy either cast cover product (both available for purchase on Amazon) called **BLOCCS** (<https://www.bloccs.com/>) or **DryPro** (<https://drycorp.com/>), that we know for sure work. Make sure it is properly sized for your child, put it on, seal it properly, and then splash some water all over to make sure there are no defects to the cast cover.
 - If the cast gets a little damp, blow dry it dry. However, if it's wet and you attempted to blow dry for an hour or so with it still not being dry, please call us to make a same day appointment. That way we can determine whether or not your child will need a cast change.
- **DO NOT PUT ANYTHING DOWN OR INSIDE THE CAST:**
 - Nothing is to go down or inside the cast for fun or for itching. For example, coins, pencils, erasers, coat hangers, pens, etc.
 - Do not put any lotions or powders inside the cast as well.
- **DO NOT GO TO ANY PLACES WITH SAND OR WOODCHIPS:**
 - Once any sand or woodchips get inside the cast, it is very difficult for it to come out. It will cause discomfort and itchiness.
- **ITCHING:**
 - **Hairdryer:** Blow cool air on high speed down the cast.
 - **Handheld Massager:** Easily found at CVS, Walgreens, Target, Walmart, etc. On the lowest vibration setting, gently move it around on the outside of the cast.
 - **Tapping:** Get a wooden spoon or something equivalent to that and gently tap around on the outside of the cast.
 - **Allergy Medications:**
 - **AM:** Take the appropriate dosage of over the counter, non-drowsy, allergy medications such as Allegra®, Claritin®, or Zyrtec®.
 - **PM:** Take the appropriate dosage of over the counter Benadryl® allergy medication.
- **ELEVATE:**
 - Elevate the arm/leg for at least the first 24 hours. It should be elevated above the heart level. You will know it is high enough, if you were to imagine placing a marble around the fingers/toes, and it rolls back down towards the child. Wiggling of the fingers and toes will also help with swelling. Use of a sling for the arm is also completely optional unless specifically recommended by your healthcare provider.
- **PAIN MEDICATION:**
 - You can alternate between Acetaminophen (Tylenol®) and Ibuprofen (Motrin®) at the appropriate dosage every 4 – 6 hours as needed for the first few days.

- **ACTIVITIES:**
 - Weight Bearing: Do not let your child walk on their leg unless approved by your healthcare provider, who will have specific instructions for their specific fracture/injury.
 - Routine Activities: They may continue to do their everyday activities such as brushing their teeth, eating, chores, etc. Unless otherwise specified by their healthcare provider.
 - School: They may continue to go to school, do class/home work and play.
 - Physical Activities & Sports: Avoid riding bikes, skateboards, scooters, playing any hard sports, or anything that puts them at risk of breaking the cast or reinjuring during this time.
- **FOUL SMELLING CASTS:**
 - A cast will *NOT* be changed due to a foul smell. It is common for the cast to smell due to the arm/leg being covered and can't be washed. Do not apply lotions or spray air fresheners/perfume. It may cause irritation.
- **If the cast gets very damp at a time when the office is closed, do your best to dry it and call us as soon as the office is open to for an appointment.**