

## **POST 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/>

- **COMMON COMPLAINTS:**
  - Do not be surprised if your child complains of any “pain”. That’s what we would explain as feelings of “soreness” and “stiffness”. There could also be residual bruising and swelling. These things will all go away in due time.
  - Do not be surprised if your child tells you that their arm feels “light” or “floppy” as if it might “fly away”. They were use to the weight of the cast, so there will be a slight adjustment period.
  - Do not be surprised if their arm/leg looks a little bit more hairy or skinny in comparison to the other side. It became more hairy due to the fresh blood supply at the fracture site and friction of the cast that stimulates the hair follicles. Muscle tone will come back with routine use.
  - Do not be surprised if there is a layer of dead skin that looks similar to a tan. It will take approximately 0 – 3 weeks or so for it to all slough off. The skin will be sensitive during this time. There could be no symptoms to standard redness, dryness, and/or rash.
- **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.
- **SHOWERING:**
  - Do not exfoliate or scrub the arm/leg with any exfoliating soaps, loofahs, or sponges. Gently wipe with a washcloth soaked up with warm soapy water.
  - If you do shave, do not shave for at least 1 week. We highly recommend patch testing before shaving the entire area of interest.
  - Pat dry when coming out of a bath/shower.
- **SKINCARE:**
  - Plenty of non-scented lotions/creams if there is any redness, dryness, and/or rash. For example, Cetaphil® or Aquaphor®.
  - You may use organic items use as coconut or olive oils if you would like. We just highly recommend doing a small patch test to make sure there are no reactions before complete use.
  - Use plenty of sun block before going outside. Please follow your sun block’s instructions as directed on the back of the bottle.
- **ITCHING:**
  - Do not let your child scratch at their arm/leg. It can irritate the area much more and lead to superficial scratches.
  - Sometimes scratching at another body part will help alleviate their urges.
  - Take the appropriate dosage of over the counter, non-drowsy, allergy medications such as Allegra®, Claritin®, or Zyrtec® if they can’t seem to resist itching.
  - 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.

ORANGE OFFICE: 1310 WEST STEWART DRIVE, SUITE 508, ORANGE, CA 92868

MISSION VIEJO OFFICE: 25982 PALA, SUITE 230, MISSION VIEJO, CA 92691

IRVINE OFFICE: 4980 BARRANCA PARKWAY, SUITE 220, IRVINE, CA 92604

- **RANGE OF MOTION:**

- It is very common for your child to feel apprehensive after coming out of their cast. Their cast was their security blanket. They will start using their arm/leg when they are ready.
- We recommend lots of warm baths, Jacuzzi, and pool time! Throw in lots of toys or invite some friends over and they'll be attempting use of their arm before they even realize it. Warmer water temperatures will help relax their muscles more.
- The use of a brace, crutches, or a sling is completely optional. It could be useful for when they are out and around large crowds. Usually not recommended if they are at home doing quiet indoor activities, bath/shower time, or sleeping. Unless otherwise specified by your healthcare provider.
- Physical therapy is usually/not always necessary. Your healthcare provider will go over at home exercise routines that they can do at their own pace. Unless otherwise specified by your healthcare provider.

- **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 of re-injury during this time. Unless otherwise specified by their healthcare provider.