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CAST CARE INSTRUCTIONS AND PREVENTION OF BLOOD CLOTS WHILE IN A LEG CAST

1. Keep your cast **CLEAN AND DRY**
2. When showering or bathing: Roll up a small towel and wrap it around the leg, just above the cast. (**DO NOT Tuck** the towel into the cast) and tape the towel in place. Place the leg into a plastic bag and tape the bag in place.
3. Protect the cast with a plastic bag during rain or snow.
4. A **wet cast must be changed within 24 hrs** to prevent skin breakdown.
5. You may use a blow dryer on the cool setting to dry a cast that is damp around the edges and the cotton is not wet.
6. Keep the skin around the edge of cast clean and dry.
7. Use a marker to circle any drainage from wound that show on the outside of the cast.
8. A soiled cast may be wiped clean with a gently applied damp cloth, on the outside only.
9. A cast is meant to be snug and to immobilize the involved joints; however, it should not cut off or decrease circulation of the leg.
10. **DO NOT PUT ANYTHING DOWN THE INSIDES OF YOUR CAST:** No powder, No sprays, No lotion, No water or liquids, No foreign objects to scratch under the cast.
11. **Do not pull** the padding out of the cast.
12. **Do not remove** the cast yourself.
13. **Please report any of the following symptoms to the office, within 24 hours:**
 - A. An increase in pain, pressure, swelling, tingling or numbness that CAN NOT be controlled with elevation or range of motion.
 - B. An increase in drainage, a foul odor, or if there is an increase in body temperature, nausea or vomiting.
 - C. If the cast gets wet, broken, cracked, too loose, too tight, or is rubbing.
14. **TO PREVENT A BLOOD CLOT:**
 - A. Do range of motion exercises of your toes, straighten and bend knees and do straight leg raises 2-3 times a day for 5 minutes
 - B. Elevate your leg to hip level for 10 minutes three times a day.
 - C. Do isometric calf exercises (squeezing calf muscle while holding toe tense) 5-6 times a day for a 3 minutes.
 - D. If you do not normally take a baby aspirin daily or other blood thinner, take one 81 mg children's aspirin daily unless you suffer from stomach problems.