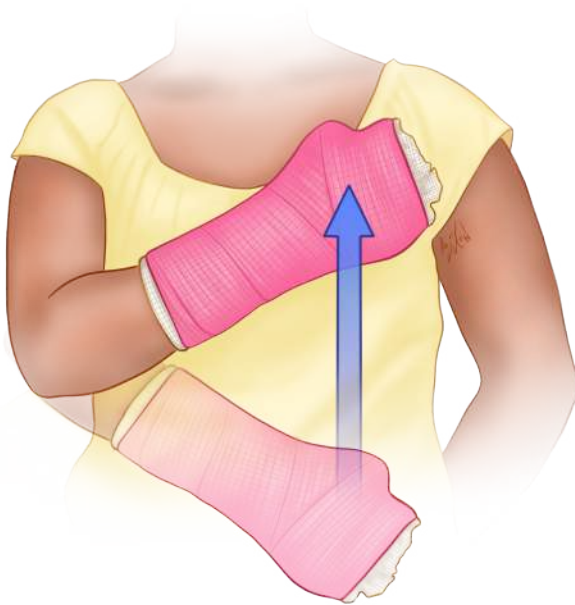
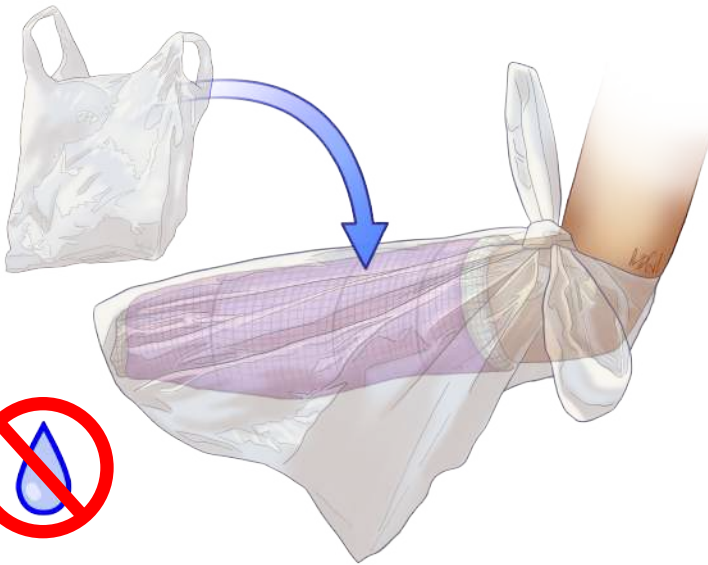


# Cast Care

## What should I do?



Elevate the arm above the heart to reduce pain and swelling.



Keep the cast dry. Cover the cast with a plastic bag while bathing.

## What should I not do?



Do not put anything inside the cast to scratch the skin.



Do not cut or remove the padding inside the cast.



Do not use talc powder or deodorants in the cast.



Do not carry anything heavy until the cast is removed.

### Warning signs:

- Pain, swelling, or redness around the cast
- The cast has cracks or soft parts
- The cast feels too tight or too loose
- Cold or tingling sensation of the fingers

Return to a doctor or hospital if you have any of these signs.