

Cast Care Instructions

You or your child will be given a follow-up appointment to Orthopedics following today's visit. If you were seen after hours and did not receive a follow-up appointment, the orthopedic staff will contact you by phone within 3 to 5 business days to schedule the appointment for you.

If you have not been contacted, please call the Baldwin Park Orthopedics department to schedule your return appointment.

To lessen the swelling, keep the injured extremity higher than the level of your heart. Apply ice to the injury for 15 to 20 minutes each hour for the first 1 to 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your cast or splint.

****DO NOT PLACE ANY INJURED EXTREMITY INTO WARM OR HOT WATER****

Plaster or Fiberglass Cast/Splint Instructions:

- Do not remove the cast or splint unless directed by a Doctor or Provider.
- Do not try to scratch the skin under the cast/splint.
- Do not insert any object down inside of your cast/splint.
- Do not pick out or remove the cast/splint padding.
- Check the skin around the cast every day for breakdown or excessive swelling.
- Keep your cast/splint clean and dry. During bathing, it can be protected with a plastic bag.
- If your cast becomes completely saturated, return to the Orthopedic Department immediately.
- Do not put pressure on any part of your cast/splint unless instructed to do so. It will break.

Return to the Orthopedics Department for the following problems:

- If your cast/splint becomes damaged or breaks.
- If having increased pain or more swelling than you did before the cast was put on.
- If attempted movement of toes/fingers causes severe pain.
- If the skin of your fingers/toes of the casted extremity turns blue, gray, cold, or numb and does not improve with elevation.
- If there is a bad smell from your cast.
- If there are new stains coming from under the cast.

**FOR IMMEDIATE PROBLEMS ON WEEKENDS AND AFTER HOURS, YOU
MUST CHECK INTO THE EMERGENCY ROOM AT THE BALDWIN PARK
HOSPITAL.**

Kaiser Baldwin Park Medical Center
Orthopedics and Podiatry Department
1011 Baldwin Park Boulevard
Baldwin Park, California
91706

Department Hours:

8:30 AM - 5:00PM
Monday - Friday

Appointments:

626-851-5256

Call Center 24/7:

1-800-780-1277

