



Advice on splints, walking boots and casts

Tips for keeping an injury still

WHAT YOU NEED TO KNOW

Important

Always follow your doctor's advice, even if it differs from the information below.

General advice

1. **Elevate the arm or leg with** a sling, stool or pillow for several days (or until the swelling subsides).

Keep the cast above the level of your heart.

It is also **IMPORTANT** to move your fingers and toes.

2. Your doctor may **prescribe blood thinners**.

It is **IMPORTANT** to take this medication correctly to avoid a blood clot forming in one of your veins (thrombophlebitis).

3. Go to the **hospital immediately** if you notice any of the following signs:

- A significant increase in pain;
- Cold or pale fingers or toes;
- Swelling, burning and heaviness;
- Loss of feeling, tingling or numbness, even after changing position;
- Shortness of breath or difficulty breathing.

More advice for people with a cast

1. Keep your cast **exposed** to the air until it is completely dry (2-3 days).
2. For the first 10-12 hours, **do not rest** your new cast on a hard surface or object. This may deform the cast and create pressure on your skin.
3. Do not put **any pressure** on your heel for at least 3 days.
Use the crutches provided.
4. If your cast extends near your groin, you can **cover your thigh with plastic wrap** to help keep the cast clean.
Remember to tuck the edge of the plastic wrap into the cast.
5. To prevent sores from forming under the cast, **avoid**:
 - Sliding an object inside the cast to scratch yourself;
 - Putting powder in the cast. The powder can become wet and/or sticky, irritating the skin;
 - Dropping crumbs, toys, etc. into the cast.**If anything falls into the cast, try to remove it with a vacuum cleaner.**

Tip

Applying a waterproof dressing to the edges of the cast can help prevent it from breaking apart, and reduce irritation.

6. **Expose** any damp parts of the cast to the air so they can dry.
Use a hair dryer if necessary.
7. You can take a bath if the arm cast is properly covered, and you're very careful to keep it dry.
8. **Avoid** swimming.

Reminder

Covering an arm or leg with a plastic bag does not fully protect the cast from water.

9. **Avoid** applying nail polish to an arm or leg that is in a cast.

If complications develop

If you notice any of these complications, or have any other concerns about your cast, please contact:

Outpatient clinics - Orthopedic surgery

From Monday to Friday, 8 a.m. to 4 p.m.

Hôpital Anna-Laberge
450-699-2425, ext. 4425

Hôpital du Suroît
450-371-99200, ext. 2754

Info-Santé 811

Outside of business hours

**If necessary,
go to the nearest
hospital emergency
department.**