



Daouk Orthopaedics
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CAST/SPLINT CARE

1. Keep the cast **CLEAN AND DRY**. Never get the cast/splint wet.
2. **ELEVATE** the arm or leg for 48-72 hours. Place the extremity on pillows above the level of your heart as much as possible to control swelling.
3. You may apply ice packs in a plastic bag on the cast near the area of injury. Ice area for 20-30 minutes, 2-3 times per day.
4. **DO NOT** put anything inside of the cast or remove any padding from within the cast. **DO NOT SCRATCH** inside the cast.
5. **DO NOT BEAR WEIGHT** on leg cast until instructed to do so by Dr. Daouk. Wear your sling or use crutches as directed.
6. Exercise your fingers and toes as much as possible!!
7. Report any signs of trouble such as marked swelling, coldness, loss of feeling, numbness, inability to move fingers or toes, severe pain, fluid drainage through cast, rubbing, pinching or damage to the cast to Dr. Daouk as soon as possible.

If you have any questions or concerns, please feel free to contact our office at 407-355-7478.