



Central Jersey Sports Medicine & Orthopaedic Center, P.C.

Andrew Harrison, M.D.

Team Physician for the Lakewood BlueClaws 2001-2006

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Dr. Harrison's Cast Care Instructions

1. Keep casted or splinted extremity elevated and ice packs applied 30 minutes each hour while awake, for the first 72 hours after cast or splint application.
2. Sleep with fractured extremity elevated and ice packs applied X 72 hours.
3. Keep cast dry.
4. Fiberglass cast or splint - if cast or splint gets wet, dry immediately and thoroughly with a hair dryer.
5. If you are fitted with a cast walking shoe, wear it at all times except when sleeping or showering.
6. Move finger or toes frequently to reduce swelling and prevent joint stiffness.
7. Do not use anything to scratch under the cast or splint, since it may break the skin and cause an infection.
8. Do not place powder inside the cast.
9. Report any signs of deterioration of the cast or splint to the office (cracking or softening). Never trim or cut the cast or splint yourself.
10. Contact the office or answering service immediately if any of the following symptoms occur:
 - a. Pain unrelieved by prescribed medication.
 - b. A feeling of severe tightness in the cast or splint.
 - c. Markedly increased swelling in toes or fingers of casted or splinted extremity.
 - d. Numbness or tingling of the casted or splinted toes and fingers.
 - e. Skin discoloration (bluish or whitish) of your casted or splinted limb.
 - f. Painful rubbing or pressure beneath the cast or splint.