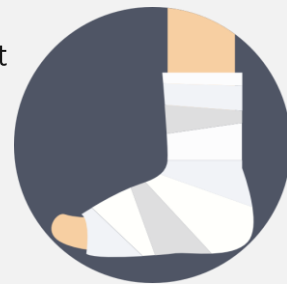


Care and Caution After Serial Casting

Casting provides stretching to reduce your muscle tone and prevent or correct joint deformity.

Please Take Note of the Following

- Before you shower, ensure that the cast is well covered with cling wrap, followed by plastic bag. Prop the upper or lower limb cast up to prevent water from seeping into the cast.
- The cast must be kept **dry at all times**
- **DO NOT** use sharp objects to scratch itchy skin under the cast or apply any ointment onto your skin
- For lower limb cast, apply a layer of stockinet over the cast to prevent abrasion on non-cast limb during sleep
- Continue walking with the cast after it dries



In Emergency Situations

Observe your cast limb for any of the following signs/symptoms:

- Poor circulation: weak pulse, coldness, severe swelling, nail bed does not return to original color after squeezing at the tip and discoloration of nail bed (turns bluish or purplish)
- Throbbing pain which does not go away in 3 to 4 hours regardless of changing your position
- Wet cast: a cast soaked with water can cause your skin to breakdown
- Skin allergies e.g. rashes, blisters or abrasions
- Unusual odour from cast
- Tingling sensation / numbness

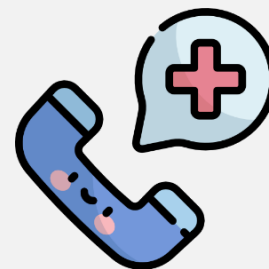


Remove the cast immediately by pulling off the end of the cast in a spiral way. Contact your therapist-in-charge immediately or the next working day once you have removed your cast.

In Non-emergency Situations

If any of the following occurs:

- Presence of cracks / dents in the cast
- Dampness in the cast
- Unwillingness to bear weight on the casted area
- Changes in mood e.g. easily irritated, difficulty in falling asleep
- Involuntarily movement of the cast up & down the limb
- Redness / chafing without significant swelling or skin breakdown
- Foreign object has fallen into the cast



Contact your therapist-in-charge: _____ at _____ (contact no.)



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