

**Below is information on how you should best take care of your total contact cast. Please follow this guide in order to get the maximum benefit from your therapy.**

## BE SURE TO



Elevate the injury above heart level if you experience swelling.



Move toes frequently to maintain muscle tone and circulation.



Caution against vigorous activities to prevent personal injury or integrity of the cast.



Check with your insurance company before driving. Drivers may not be covered if wearing a cast or taking medication.

## DO NOT



Do not get your cast wet.



Do not put baby powder or talc inside cast if you experience itching.



Do not remove or insert padding inside cast.



Do not insert foreign objects into the cast.



Do not break off or trim edges on your cast.

## CONTACT YOUR PHYSICIAN

### If You Experience:

- Discomfort inside your cast.
- Numbness or persistent tingling.
- Breaks or soft spots inside your cast.
- A loose fit.
- A wet or badly soiled cast.
- A fever.
- Pain and swelling after you've tried ice, elevation and / or pain medication.

\_\_\_\_\_  
*Physician's Name*

\_\_\_\_\_  
*Physician's Phone*

*This is a guideline only, and is not intended to supersede any directions given to you by your physician or affiliated medical personnel.*