1. DO NOT GET YOUR CAST WET. When showering/bathing, please cover your cast with a plastic bag and tape.
2. After the application of a cast it may feel tight for 2-3 days.
3. Elevating the casted leg can help with pain control. Elevate the leg higher than your heart on 2-3 pillows as often as necessary.
4. Do not stick any object (coat hanger) down the cast. Doing so can damage the skin.
5. Do not walk on the cast if non weight bearing.
6. If weight bearing, only walk on the cast with a cast shoe.
7. Do not attempt to remove your own cast.
8. Fever, drainage, bad odor, or the development of stains on the cast should be reported to your doctor.
9. Check the cast every day for soft spots or cracks.
10. If you are experiencing problems with your cast, please call 651-439-8807 or 800-423-1088.

*Curad® makes a reusable cast protector that can be purchased at most Walgreen’s and Walmart. You may also try any durable medical equipment stores for a cast protector.

**Even with a cast protector avoid submerging your cast.**