

Fiberglass or Plaster Cast Care

You have a cast made of fiberglass or plaster to protect you as you heal. Follow these instructions for taking care of your cast.

Caring for your cast

- Keep your cast clean and dry.
- Do not get your cast wet.
- Cover your cast with a waterproof bag while showering. You can use a large garbage bag or a plastic cast sleeve. You can buy a cast sleeve at Walgreens, CVS or Amazon.

If your cast gets wet, please call the office to make an appointment to have the cast changed as soon as possible.

Itching

Your skin under the cast may itch. Do not put anything inside your cast to scratch your itch. Do not put powder or lotion inside your cast. You may try using a hair dryer **on the cool setting only** or a vacuum hose attachment to move air through the cast for relief.

Cast fit

Your cast should fit snugly, but it should not cause discomfort or cut off circulation. Your cast should also not feel too loose. A loose-fitting cast will not provide proper support for healing.

- Keep your arm raised above the level of your heart to avoid swelling.
- Check your skin around the edges of the cast for irritation.

When to call your physician

Please call our office right away if you have any of these symptoms:

- Numbness, tingling, burning, discoloration or coldness in your fingers
- No movement in your fingers
- Swelling or feeling that the cast is too tight
- Increased pain
- Any areas of pressure on your skin or skin breakdown
- A loose-fitting or damaged cast

Contact information

If you have any questions about your cast or fracture, please call the Northwestern Medicine Center for Surgery of the Hand at 312.337.6960 (TTY: 711).