

POST OPERATIVE LIMB CARE & DOS AND DON'T AT HOME

DOS

- Always keep the cast clean and dry
- Raise the leg or arm up for an hour to reduce swelling
- Exercise the joints to prevent contracture and improve circulation
- Use supportive tools such as sling or crutches as advised

DON'T

- Do not wet, cut, heat or otherwise attempt to modify the cast
- DO not scratch under the cast with sharp objects
- Don't drive or lift heavy objects

CONSULT WITH DOCTOR IF.....

- Excessive swelling of the fingers or toes.
- Blueness or whiteness of the fingers or toes (compare this to the uninjured hand or foot).
- Pins and needles, tingling or burning.
- Numbness or loss of feeling.
- Inability to move fingers or toes.
- Severe or increasing pain under the plaster.
- A grizzly child that cannot be settled.
- Pain that is unrelieved by analgesia