

# Plaster Cast Care

## Purpose

Your cast/s has been specifically made for you. The goal of your cast/s is to:

- Prevent or correct deformity
- Improve or maintain range of movement
- Other: \_\_\_\_\_

## Wearing Instructions

- Casts are worn at all times.

## Precautions

Contact the Therapist for cast adjustment if you experience the following:

- Increased pain
- Skin irritation
- Red marks lasting longer than 20 minutes
- Increased swelling
- Pins and needles.

## Care of Cast

- Avoid getting your cast wet, use a bag to protect your cast when showering.
- Do not attempt to adjust your cast..

## Driving

Your insurance company may not cover you when driving with a cast on.

**Please contact your therapist if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**