

## Fracture and Cast Care

### Icing

- ☞ You should ice 20-30 minutes every 2-3 hours, for first 3-4 days.
- ☞ You can ice over a cast or splint as long as it does not wet the cast/splint. You may need to increase icing time to get cold thru.
- ☞ Elevate extremity above level of heart as tolerated and able.

### Pain medications

- ☞ Take only as needed and directed.
- ☞ May take Ibuprofen (Motrin, Advil) as needed for pain. This can be taken with most pain medications

### Hygiene

- ☞ Cast and splints should ***NOT*** get wet.
- ☞ You may shower but casts will require a covering with a proper cast cover (which can be obtained from medical supply stores), or a plastic bag with a rubber band at end to stop water from flowing into it. Remember casts should not get wet.
- ☞ Do not put anything down into casts to scratch or for any other reason. This could lead to a skin infection.

### Cast/ Splint Fit

- ☞ Cast and splints should fit snugly, so that they do not move on the extremity, but should not inhibit blood flow.
- ☞ Any cast or splint that causes increased pain, from pressure points or restriction of blood flow call office.

### When to call Office

- ☞ The office is most effective to answer your questions or problems Monday thru Friday 8:30-4:30.
- ☞ Cast/splint gets wet.
- ☞ Increased pain from cast as mentioned above.

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