



Instructions for the care of your cast

- Keep your cast clean and dry. For bathing, either take a sponge bath or put a plastic bag over your cast and secure it with a rubber band. If you get your cast wet, it will not be effective. Let your doctor know immediately.
- You will be in your cast for 6 weeks.
- **Do not put any pressure on your cast.** You will be walking with crutches or a walker, whichever is better for you.
- Keep your foot elevated above the level of your heart. This is best achieved by lying in a recliner or bed with a pillow under your foot.
- Apply ice to your ankle daily. You can place a bag of ice to the front part of the cast over your ankle. If you feel that the ice is not getting through to your ankle, you may put a bag of ice behind your knee. The flow of blood will carry the cold sensation to your foot.
- If you have any discomfort, you may take Aleve, 500 mg, twice a day.
- Wiggle your toes every hour while awake.
- Your cast will be restrictive but should not be uncomfortable. If you have any areas of irritation or discomfort, please contact your doctor.
- Call the doctor immediately if you notice discoloration in your toes, or any numbness.
- Over the weekend, if you have any questions or concerns for the doctor, please call 412-606-3125. Leave a message and the doctor will get back to you as soon as possible.

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