



WESTERN ORTHOPEDICS & SPORTS MEDICINE

Enhancing & Restoring Active Lifestyles

2373 G Rd Suite 100 • Grand Junction, CO 81505

Office: 970.245.0484 • FAX: 970.242.3087

www.westernorthosports.com

EARLY FRACTURE AND CAST CARE

You have sustained a fracture or broken bone. The purpose of your cast is to immobilize and maintain alignment of the broken bone as well as add support to the involved limb.

GENERAL INSTRUCTIONS

1. A cast is hard but will not withstand rough treatment, such as banging against hard surfaces or its use as a weapon.
2. Wash, rinse and dry all areas around the cast but keep the cast DRY.
3. If you itch under the cast, DO NOT push objects under the cast to scratch. This may cause skin damage and infection.
4. Swelling inside the cast may occur, therefore you should keep the injured limb elevated above the level of the heart for the first 1 or 2 days following cast placement. This is important because if swelling does occur, there is no room for it in the cast. Throbbing pain can usually be alleviated by prompt elevation and application of ice to the fracture site.

DANGER SIGNS

If you experience any of the following signs and symptoms, call your physician or go to the Emergency Room immediately.

1. Numbness, tingling, or burning sensations.
2. Excessive pain not relieved by elevation, ice and/or your normal dose of pain medication.
3. Extremely cool toes or fingers.
4. Abnormal color of fingers or toes (pale, purple etc.).
5. Excessive swelling of fingers or toes not relieved by elevation and ice.
6. Inability to move fingers or toes or extreme pain with movement.
7. Temperature above 101° Fahrenheit.
8. An unusual odor under the cast.

Physicians:

Richard A. Knackendoffel, D.O.
F.A.O.A.O.

Mitchell T Copeland, D.O.
Fellow Arthroscopy/Sports Medicine/Joint Reconstruction

Christopher J. Copeland, D.O.
Fellow Sports Medicine/Foot & Ankle

Kennan J. Vance, D.O.
Fellow Arthroscopy/Sports

Danny J Mistry, M.D.
Internal Medicine