

SPLINT/CAST CARE INSTRUCTIONS

ICE THERAPY

- Despite the splint/cast, ice can be helpful to reduce pain and swelling.
- Ice for 20 minutes at a time. Try to do this three to four times per day.

SHOWERING

- The splint/cast must be kept clean, dry, and intact. It is very important that the splint/cast does not get wet.
- You may shower by placing a large garbage bag over your splint and Duct taping it to your skin above the splint – do not submerge your leg under water. **Do not try to merely put a rubber band at the top of the plastic bag as it will not create a tight enough seal and water will get down inside.**

ACTIVITY

- Elevate the extremity to chest level or above whenever possible to decrease swelling. Wiggle fingers or toes to promote blood circulation.
- For lower extremities, do not put the splint down on the ground. Use crutches for walking.
- For upper extremities, do not support your weight with the splint.
- Avoid long periods of sitting with the leg or arm below your waist or long periods of standing/walking as these activities are likely to increase swelling.
- Do not attempt to put anything down the splint/cast, as this can cause a skin tear/cut and will increase risk of infection.
- You may return to sedentary work / school if swelling and pain are tolerable and you are no longer taking narcotic pain medications.
- NO driving until discussed with Dr. Roth.

QUESTIONS

- During business hours, contact Sabrina in Dr. Roth's office at **510-267-4013**.
- For concerns that cannot be addressed during business hours, call the Webster Call Center at **800-943-8099**.