

INSTRUCTIONS FOR CAST CARE:

- Leave uncovered for 2-hours.
- Rinse water through cast daily. No soap, perfume, deodorants, powders, tissues, or sand.
- Drain after washing.
- Do not poke anything in there to scratch. Try scratching the other arm, or rinsing with water.
- If it feels too tight, elevate above the heart and wriggle fingers for 15-mins. If it doesn't improve, contact physio / GP / emergency room.
- If it's "digging in" or irritating your skin, contact physio.
- No carrying / lifting.
- It is not a weapon. You have a broken bone. Be gentle.