

Cast Care: Maintenance

Cast care includes keeping the shell and padding in good condition. A damaged or poorly fitting cast may no longer support your injury properly and can irritate the skin.

Keep moisture and heat away

Keep the cast dry unless your cast team has specifically confirmed that both the material and lining are suitable for getting wet. Protect it while washing and do not assume a cover makes submersion safe. Do not use a heater or hot hair dryer to dry it.

Check the cast each day

Look for cracks, soft areas, loose edges, or a change in fit. Keep the padding in place. Do not trim the cast, remove it yourself, or put objects inside it to scratch an itch. Check visible skin at the edges for irritation.

When to contact the cast team

Arrange a prompt review if the cast gets wet, cracks, becomes loose, or causes rubbing or burning. Report drainage or an unusual smell. A cast adjustment should be made by the treating team.

Increasing pain, persistent tingling, cold or blue fingers or toes, or trouble moving them needs urgent assessment. Keep your scheduled follow-up even when the cast seems comfortable.

Related reading

- Proper Cast Care
- Cast Care & Foot Protection

Sources and further information

- Gloucestershire Hospitals NHS: Care of your cast
- AAOS: Care of casts and splints

This handout provides general education. Your treating clinician can explain how it applies to your injury.