

Caring for your cast or splint

Your injury was treated in the Emergency Department or Urgent Care Centre. To keep bones from moving and to support your injured limb, we have used:

- Plaster cast that will dry in 48 hours
- Plaster splint that will dry in 48 hours
- Fiberglass cast that will dry in 20 minutes
- Fiberglass splint that will dry in 20 minutes



Do not drive or operate a motorized vehicle while wearing your cast or splint. Most insurance companies will not insure you while wearing a cast or splint.

To make sure your injury heals well:

- Keep your cast or splint clean and dry. Cover the cast or splint with plastic prior to taking a bath or shower.
- Keep your injured limb elevated higher than your heart to help reduce swelling.
- Exercise your fingers or toes frequently.
- Do not put anything down your cast or splint to scratch.
- If you have a leg cast or splint, do not walk on it unless instructed to do so.

To help manage your pain, you can use Acetaminophen (Tylenol®) or Ibuprofen (Advil® or Motrin®).

When should I get medical help?

Call your health care provider if you have any of these problems:

- new or increased pain
- swelling, numbness, tingling, burning, freezing cold or change in colour of your fingers or toes

If you have any questions or concerns, please call your health care provider.