

CAST/SPLINT CARE AND PRECAUTIONS

Plaster/Fiberglass Casts and Splints:

1. Elevate the extremity above the level of the heart as often as you can, to reduce swelling.
2. Check for adequate circulation by briefly depressing nail beds or the tip of the fingers or toes. The skin will blanch, and then should return to normal color quickly after releasing pressure. Call the doctor's office if poor circulation is noted or not improved with rest or elevation above the level of your heart. Persistent tingling, numbness, and pain should also be reported as this may be a sign of poor circulation or poor skin condition inside the cast.
3. **Keep your splint or cast dry.** Moisture weakens plaster and damp padding next to the skin can cause irritation. Use two layers of plastic or purchase waterproof shields at a pharmacy to keep your splint or cast dry while you shower or bathe.
4. If the skin under a cast or splint begins to itch, do not stick anything inside to scratch, as the skin may easily tear and become infected, which can then cause complications for healing.
5. Do not engage in vigorous activity involving the cast area.
6. Do not pull out or rearrange the cast/splint padding.
7. Do not try to trim or cut off the cast/splint.
8. Avoid dirt. Keep dirt, sand, and powder away from the inside of your splint or cast.
9. Call our office if your cast/splint becomes too loose, or if it develops any cracks or soft spots.
10. After leaving our office, allow several additional hours for the cast or splint to fully dry before pressing or leaning on it in order to avoid creating a dent or pressure area inside the device.

EXOS Braces and Splints:

Please refer to the EXOS patient information card given when your EXOS device was initially fitted. You may also visit the EXOS website: www.exosmedical.com

- Your EXOS device should be adjusted for a **comfortably snug** fit, but should never constrict circulation. Swelling of the injured area can cause constriction and can be alleviated by elevating the extremity above the level of the heart and/or by loosening the device. Wearing the brace too loose will reduce support / complicate healing.
- Although EXOS braces and splints are waterproof, rash and discomfort can develop if the skin stays moist inside the device. The skin should be kept dry as possible, and the device itself should be thoroughly rinsed and dried after showering (ask your doctor if the device may be removed for showering).
- Washing the device will help avoid odor. Use mild soap only. Rinse well and dry thoroughly with a fan or a hair dryer on low setting, from a distance (avoid overheating). Do not allow moisturizers, skin lotion, oils or soap containing moisturizers to contact the fabric as that may eventually breakdown the fabric.

If you are having any problems with your cast, splint, or EXOS device, please call our office as early in the day as possible to allow time for possible removal and replacement of the device. UHS 24-hour Nurse Advice Line (512-475-6877) is available for any problem that cannot wait till regular office hours.