

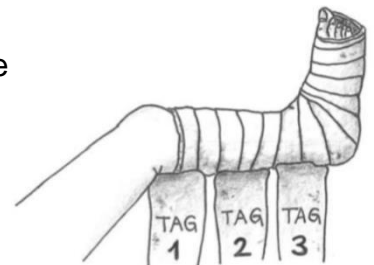
Cast

Important information to go back home with a cast

Right positioning :

- Raise the **arm** as often as possible the first days
Don't let it hang down
- While seating: raise the arm on a pillow
While standing: use a scarf to sustain the arm
- Move fingers regularly

- While seating: raise the **leg** on a chair or similar
- While lying down: raise the leg on a pillow without putting pressure on the heel
- Move toes regularly
- Don't lean on the cast



Itching:

- **Don't** scratch by putting something in the cast in case of itching

Shower/bath/swim:

The cast must **never** get wet.

- Protect the cast with a plastic bag and seal it hermetically
- Showering with protection is allowed, no bathing or swimming



Discomfort or pain:

In case of **pressure, pain, swelling, swarming, skin color** change or **heat** change:

- 1: Raise the limb during 30 minutes
- 2: If there is no change, ask a health professional to control as soon as possible

In case of questions or uncertainties:

Cast room: Mo – Fr 08h30-12h, 13h-16h30.

Emergency Room: Evenings and week-end

Telephone : 041 205 32 05

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