

At home with your arm/leg in a cast

Keeping an eye on the affected limb

The affected limb will swell during the first 24 hours in the cast. The toes or fingers outside the cast must remain mobile and warm.

The affected limb must not become numb or tingly. This can be prevented by keeping the limb elevated, e.g. on pillows. The limb should be elevated above heart level.

There may be extensive bruising in the affected limb. This is expected.

Pain management

The affected limb may be painful, and pain medication is required. Follow the instructions on pain management given by the doctor.

Cast care advice

Keep your cast dry. Cover the cast well during showering. A small amount of water on the cast may be dried off with a towel or a hair dryer (cool setting).

- If there are wounds underneath the cast and they become wet, the cast must be changed to prevent the wounds from becoming infected.
- Going to the sauna is not recommended as it will result in skin chafing inside the cast.

Placing weight on the affected limb

You may only place weight on the affected limb as instructed by your doctor.

After the cast is removed

The skin will be dry and scaly after the cast is removed. Shower the skin daily and apply a fragrance-free lotion to the skin. You may move and use the limb as instructed by the doctor.

Contact your local health centre, or if agreed upon, the Surgical Outpatient Clinic

- If the cast breaks, chafes the skin or starts to give off a foul smell
- The affected limb feels prickly and numb despite being elevated and your pain medication is not sufficient.

Contact information

Primarily contact your local health center.

If necessary, Medical Helpline Monday–Thursday 3 pm–8 am and Friday 3 pm–Monday 8 am, tel. 116 117.