
After putting a cast on upper limb

This instruction is meant to be printed out. It includes gaps to be filled in.

The purpose of a cast is to immobilise the injured area. Swelling is a symptom of an inflammatory reaction in your hand caused by the injury. Swelling usually reduces in two weeks.

Taking care of the cast

- The cast should not be too tight. The color of your fingers should remain good and the swelling should reduce with time instead of getting worse. Joints that remain outside of the cast should be able to move freely.
- Do not wet the cast. Protect the cast with a towel and plastic when you shower. You can fasten the plastic e.g. with masking tape.
- Do not go swimming, bathing or to the sauna as long as you have the cast.
- Do not shove any objects inside the cast. This might damage the skin and cause an infection.

The cast will be changed into a new cast/splint or an orthosis at a separately appointed time.

Removal of the stitches: _____

Rehabilitation

Move joints and fingers that are free of the cast actively. This helps to reduce the swelling and increases blood circulation, which improves the healing process. You should also tense and relax the muscles inside the cast in order to maintain muscle tone. Follow the instructions given to you concerning movement. Putting strain on the limb untimely may cause harm or slow down healing.

Treating pain

Use pain medication according to the instructions given to you. To reduce pain and swelling, keep the limb elevated. You can also try putting cold on your cast to alleviate pain and swelling.

After removal of the cast

- Wash and apply cream on the skin that was covered by the cast
- You can move and put strain on the limb according to instructions given to you by your doctor.

Contact the hospital if

- The cast is cracked, breaks or has become too loose

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- The cast feels too tight or chafes, and the swelling does not subside even after holding the limb elevated for 30 minutes and after taking pain medication
 - There is bleeding through the cast or bleeding from under the cast
 - Your fingers are cold, bluish and feeling numb
 - The cast smells bad or becomes wet
 - You get a fever after the surgery (over 38 degrees).