

# Cast Care

A cast keeps an injured bone from moving so there is less pain and the bone heals better. When a cast is put on, a sock-like material is put over your injured leg or arm. Then a soft cotton material is wrapped to cushion your skin. Wet fiberglass or plaster cast material is then put on. It will begin to feel warm as it is put on. The material will harden and set in 5-10 minutes. The staff will tell you when and how you can walk on your leg or use the arm with the cast.

## Your Care

### Bathing

- Avoid getting your cast wet. The cotton under the cast is very hard to get dry. If it gets wet, it can cause skin problems.
- When you bathe, keep the cast out of the water. Put a plastic bag over your cast to keep it dry. Seal the open end of the bag around your arm or leg with tape to keep it as dry as possible.
- If your cast gets wet, use a hair dryer on **low** setting to dry your cast. Do not hold the dryer in one spot too long or it might burn your skin. It may take up to 2 hours to dry.

### Movement or Activity

- Do not rest your cast against hard surfaces for longer than 30 minutes. The pressure on your skin under the cast could cause your skin to breakdown.
- Raise your injured leg or arm above the height of your heart as much as possible. This will help to ease swelling and pain in the first few days.
- Exercise your toes or fingers. This helps with circulation, healing and helps to limit swelling.

### Skin Care

- Do not scratch under the cast with any sharp object. This may cause skin damage.
- You may sprinkle small amounts of baby powder, corn starch, or talc under the cast. Do not use these products if you have blisters or stitches on your skin under the cast.
- Use a large sock or mitten as a toe or hand warmer.
- Use a nail file to smooth any rough edges on your cast.

# 石膏模護理

石膏模固定受傷的骨頭，可減少疼痛並使骨頭更好地痊癒。打石膏模時，受傷的腿部或臂部要裹上一層像襪子一樣的布料。然後裹一層軟棉質材料襯住皮膚。然後敷上濕玻璃纖維或石膏材料。打上石膏時會開始覺得很熱。材料會變硬並在5-10

分鐘後凝固。醫護人員將告知您戴石膏模時何時以及如何走路或用手臂。

## 您的護理

### 洗浴

- 避免弄濕石膏模。石膏模下面的棉質層很難乾爽。如果將它弄濕了，可能會引起皮膚病。
- 您洗浴時，不要讓石膏模接觸水。在您的石膏模上裹一個塑膠袋以保持石膏模乾爽。用膠帶將裹在您手臂或腿部的塑膠袋開口處封好，儘可能保持其乾爽。
- 如果您的石膏模濕了，將吹髮機調在低溫設定將石膏模吹乾。不要將吹髮機對准一個部位太長時間，否則可能會灼傷您的皮膚。將其吹乾它可能要花2個小時。

### 運動或活動

- 不要將石膏模靠在硬層表面休息超過30分鐘。石膏模下皮膚上的壓力可引起皮膚損壞。
- 將受傷的腿或手臂儘可能經常抬升至高於心臟的位置。這將有助於減輕最初幾天的腫脹和疼痛。
- 要鍛煉您的足趾或手指。這樣做促進循環，有助痊癒並限制腫脹。

### 皮膚護理

- 不要用任何尖銳物體在石膏模之下刮擦。這可能造成皮膚損壞。
- 您可在石膏模下灑少量嬰兒爽身粉、玉米澱粉或滑石粉。如果石膏模下的皮膚上有水泡或縫線，請不要使用這些產品。
- 用一隻大襪子或手套保持腳趾或手指暖和。
- 用一把指甲銼將石膏模的任何粗糙邊緣銼平滑。

Cast care. Traditional Chinese.

- Use a fan or hair dryer each day, set on cool, to keep your cast dry and help relieve itching.

Call your doctor **right away** if you have:

- Numb, tingling, cold or blue toes or fingers
- Extreme pain
- Swelling that makes your cast feel tight
- A loose cast or if it slides around, gets damaged, breaks, or any other problems with your cast

### **Removing the Cast**

Your cast will be removed with a special saw. You will only feel some vibrating and pressure from the movement of the saw. Do not try to remove your cast yourself.

Your injured leg or arm will look smaller after the cast is removed. Your skin will also be dry and flaky. Use lotion or bath oil to soften and remove dead skin. The staff will tell you what activities you can do to strengthen your muscles.

**Talk to your doctor or nurse if you have any questions or concerns.**

- 每天使用風扇或吹髮機，設在涼爽檔上，保持石膏模乾爽並有助於減輕瘙癢。

如有下列症狀，請**立刻**打電話給您的醫生：

- 腳趾或手指麻木、刺痛、發冷或呈藍色
- 極其疼痛
- 使石膏模繃緊的腫脹
- 石膏模鬆動或滑動、遭損壞、破裂或石膏模的任何其他問題

## 除去石膏模

將用一把特別的鋸子除去您的石膏模。您將只會感覺到鋸子移動的一點振動和壓力。不要試圖自己除去石膏模。

您受傷的腿或手臂在拆除石膏模之後將會顯得小一些。您的皮膚也會發乾起皮。使用護膚液或浴用油軟化及除去死皮。醫護人員將會告知您能做何種活動以強化肌肉。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Cast care. Traditional Chinese.

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