



Points to be aware of after applying cast 上石膏後的注意事項(英文)

The goal of applying cast

- is to provide fixation, support, and protection when patients suffer from bone fracture;
- is to prevent deformity;
- and is to preserve tendon and ligament function.

Cautions after applying cast

- 10 ~15 minutes after applying cast, body temperature will elevate. You then later feel coldness when moist of the cast evaporates; do not compress gypsum and stay warm.
- When you are waiting for the cast to dry up, approximately 24~48 hours, avoid denting the cast with your fingertips or any other objects.
- Elevate terminal part of your limb; and move your limbs and body everyday to stimulate blood circulation. Watch out for possible swelling, numbness, stabbing pain, cauterization, or ice-cold limb, inform your attending physician if any of the condition occurs.
- If you have a cast on your upper limb, raise your upper limb higher than your heart; while you have a cast with your lower limb, place it higher than your buttocks.
- You may experience inflammation with a foot cast; just raise your foot to relieve condition.
- With the cast, do not forget to work on the muscle inside the cast; for example, if you have an arm cast, open and close your palms to sustain your muscle power and prevent muscle atrophy.

- When your skin inside the cast itches, apply special-purposed spray solution to ease such itchiness. Do not use any instruments like sticks to ease the feeling because it may cut your skin or make it worse. Do not paint on the cast or seal the cast with plastic cloth.
- Return to the hospital immediately once there is bad odor, or hemorrhage in the surface or edge of the cast.
- Whenever you need to turn and toss around on the bed, be aware of the compression of the lesion limbs; if you must do so, support your limbs with your palm and soft pillows.
- While wearing a body cast, you may have a hard time with a standing posture; place a plank under the bedding to prevent break or deformation of the cast caused by soft mattress.

Cautions when cast removed

- Do not panic when your attending physician manages to crack the cast with a power saw, though you may experience some minor shivering.
- After the cast is removed, your skin would be dry with scalps; just wash with neutral soap and gently rinse it with clean water.
- After the cast is removed, you could experience temporary fragile powerless muscle, stiff joint, and ache. Mild exercise is all right but supports for lesion area is necessary; after you have strengthen your muscle and joint with physiological exercises, you may then gradually remove the support.
- After the cast removal, you may feel hyperemia and swelling foot when you try to get out of bed; to solve the problem, cut down on the frequency of getting out of bed.
- Do not work on any activity using your joints unless you have discussed with your doctor about the matter.

Return to the hospital immediately when any of the following conditions occurs:

- when there is cyanosis, paleness, tingles with numbness, stabbing pain, and ice-cold fingers or toes
- when the wound in the cast is inflamed; and you can easily detect it when there is unusual smell, swelling, and aching with burning sensation.