

Pt Sticker or, complete the following

Name: _____

Address: _____

DOB: _____ Ph: (h): _____

(m): _____

URN: _____ (w): _____

Physiotherapy

Backslab & Non Waterproof Cast Care

Follow the instructions you were given when the cast or backslab was applied

Care Instructions

- Inspect skin conditions around the cast or backslab daily
- Gently move fingers/toes as often as possible. This will help reduce the chance of swelling.
- Elevate the injured limb to reduce swelling
- During the first 24 hours try to keep the limb elevated above the level of the heart
- Use the sling provided to elevate an arm and rest it on pillows when sitting or lying down.
- Elevate a leg on pillows when resting and use crutches or walking aids as instructed.
- If the backslab becomes loose do not remove it. Apply another bandage over the top of the original bandage so that it is comfortably firm
- Cover with plastic and tape to shower. Do not let the cast get wet. If it gets splashed it will dry. Don't try and dry it with a hairdryer as it could burn the skin
- DO NOT insert objects inside the cast or backslab as it could move the liner or cause an injury
- DO NOT break off or trim the backslab
- DO NOT walk on the cast (lower limb) or carry objects (upper limb)

**Contact or present to the Emergency Department or your doctor
if you experience any of the following:**

- Marked blueness or whiteness in your fingers or toes
- Numbness or loss of feeling in your fingers or toes
- Marked swelling of fingers or toes that won't go down after elevation
- Persistent severe or localized burning sensation or feel a sore or blister developing under the cast
- The cast becomes too loose
- Any skin problems at the edge of the cast
- Notice an unusual odour coming from the cast

Physiotherapist _____ Signature _____ Date ____/____/____
(Name & Designation)

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