



Tuality Orthopedic, Sports, Spine & Rehabilitation Center

A member of the Tuality Healthcare family.

Cast Care Information

Fiberglass casts. Fiberglass is a type of plastic that can be shaped. Fiberglass casts are typically lighter and more durable than traditional plaster casts. Air circulates more freely inside a fiberglass cast. Also, X-rays penetrate fiberglass casts better than plaster casts. This is helpful if your child's doctor wants to use an X-ray to examine your child's bones while he or she is still wearing the cast. Fiberglass casts are available in different colors.

- **Elevate the affected area.** For the first 24 to 72 hours after your child's cast is applied, use pillows to raise the cast above the level of your child's heart. If possible, try to keep the cast raised even while your child is asleep.
- **Keep moving.** Encourage your child to frequently move the fingers or toes of his or her injured limb.
- **Apply ice.** For the first 48 to 72 hours after your child's cast is applied, loosely wrap an ice pack covered in a thin towel around your child's cast. Apply ice to the cast — not the skin — for 20 minutes every two hours. If your child is asleep, there's no need to wake him or her to apply the ice.

What can I do if my child wants to scratch under the cast?

A cast can cause your child's underlying skin to feel itchy. To relieve itchy skin:

- Set a hair dryer on a cool setting and aim it under the cast
- Apply an ice pack covered in a thin towel to the area
- Ask your child's doctor about giving your child an over-the-counter antihistamine

Don't allow your child to stick objects, such as a coat hanger, inside the cast to scratch his or her skin. This could injure your child's skin and cause an infection.