

## CAST INSTRUCTIONS

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Elevate your hand higher than your heart for the next 48 to 72 hours. After this period of time, you may hang your cast down. If it again begins to throb, elevate it again.

Exercise your fingers twenty (20) times an hour by straightening them all the way followed by making a full fist. This reduces the swelling and pain, preventing joint stiffness.

Please call our office immediately (631-427-HAND) for the following problems:

- a) if your fingers become cool, blue or grossly swollen, and this is not improved by elevating the hand.
- b) if your pain is not relieved by elevation and the medication prescribed.
- c) if you develop numbness or tingling in your fingers, not improved with elevation.

Do not get the cast wet. Wrap it in a plastic bag tightly and secure both ends of the cast for a quick shower.

Do not insert any objects (sticks, hangers, etc.) into the cast.

In order to check your cast, and possibly repeat your x-rays, Dr. Ellstein and Dr. Hochwald would like to see you back in the office in \_\_\_\_\_ days. Please call the office tomorrow to set up this appointment.

If you have any problems or questions regarding your cast, please do not hesitate to call at any time.