

Emergency Department

Arm Cast

Advice for Your Return Home



Your arm is in a cast. This document provides information about treatment and monitoring after leaving the hospital.

Why are you in a cast?

- ☐ fracture
- ☐ sprain
- ☐ sutured wound
- ☐ dislocation
- ☐ other: _____

What is your treatment?

Keeping the arm stable is necessary to relieve pain and promote proper healing. Depending on your needs, the medical team may provide a support sling or shoulder immobilizer.

Recommendations to follow

Sling

To prevent deforming the cast

Do not use the sling during the first 24 hours (cast-drying time).

To avoid finger swelling

After 24 hours, wear the sling so your hand stays higher than your elbow

Finger movement

To prevent finger stiffness and maintain blood flow

Stretch and spread your fingers, then touch the tip of each finger with your thumb at least 10 times per day.

Jewelry

To avoid cutting off blood flow

Do not wear jewelry on the casted arm. Rings or bracelets can block blood flow if the hand or fingers swell.

Medications

Take medication exactly as instructed by the medical team and as written on your prescription.

Warning signs

Before your specialist appointment, go to the nearest emergency center if you notice any of the following symptoms:

Pain	Severe, persistent pain under the cast despite taking painkillers
Numbness	Pins and needles or loss of sensation in the fingers
Immobility	Inability to move the fingers
Color	Fingers turn blue, white, or feel cold
Swelling	Marked swelling of the fingers

What happens next?

To be completed by the practitioner:

- ☐ You have an **orthopedic-trauma follow-up appointment** on _____ at _____

(If you cannot attend or wish to reschedule, please call 021 314 27 98 as soon as possible).

- ☐ You will be called for a **hand-surgery consultation**. The department secretary will contact you by SMS or phone. If you have no news within 5 business days, call 021 314 25 50.

If you received a green radiology referral form:

Book an appointment promptly with a radiologist or at CHUV Radiology (021 314 44 44). Results will be sent to the specialist and discussed at your consultation.

-  For any further questions, please contact your general practitioner or the pharmacist who provided your treatment.



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