

Casts and Splints: Managing Fracture and Injury Pain at Home During the First Few Days

To help minimize pain, follow these recommendations:

Rest

Limit physical activities. This will help keep the injury from moving in the cast, splint or boot.

Elevation

Keep the injured part of the body raised higher than the heart as much as possible. This helps prevent and reduce swelling.

However, avoid putting anything directly behind the heel for elevation. Place a pillow or blanket under the middle part of the calf to reduce the risk of developing pressure sores at the heel.

Distraction

Use books, games, videos or other quiet activities to focus the mind away from the injury and pain. Games on tablets, computers and smartphones are ideal for distraction.

Pain Medicine

Use pain-relief medicine as directed by your health care provider. Your nurse will give specific instructions about how to use recommended medicines.

Usually, over-the-counter medicines are effective at relieving pain. We usually recommend acetaminophen (plain Tylenol) for pain relief. If you want to use ibuprofen (Motrin, Advil) or naproxen (Aleve), it's important that you discuss those medicines with your orthopedic specialist beforehand.

If stronger pain-relief medicine is needed, we'll provide a prescription.

When to Call Gillette

Call Telehealth Nursing at 651-229-3890 if you notice any of the following problems:

- Pain worsens despite use of recommended pain management methods.
- Severe pain occurs with movement of fingers, toes, or nearby areas of the body that aren't in the cast or splint.
- Swelling worsens and limits movement of body parts at or near the injury site (including fingers, toes, or nearby areas of the body that aren't in the cast or splint).
- The cast or splint is damaged, gets wet inside, or slips out of place.

You may also call if you experience any other problems or have questions. We're happy to talk to you about any

concerns.

[Make An Appointment](#) [651-290-8707](#) [Refer a Patient](#) [651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).