



**Bahrain Specialist**  
Hospital & Clinics

## DISCHARGE INSTRUCTIONS TO CARE FOR THE SUTURED WOUND:

- ✓ Keep the cast dry.
- ✓ Do not bear weight on the cast if the cast is on your leg or foot unless advised otherwise.
- ✓ Do not remove the cast by yourself.
- ✓ Frequently mobilize the fingers, toes below the cast to improve the blood flow.

### IF THE FOLLOWING SYMPTOMS OCCUR PLEASE RETURN TO THE EMERGENCY ROOM IMMEDIATELY:

- Pain under the cast.
- If the toes or fingers at the end of the cast become numb, cold or change color.
- If the cast becomes loose or broken.

#### JUFFAIR

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#### RIFFA

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**APPOINTMENTS**  
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