

Fiberglass Cast Instructions



Your cast is made of a fiberglass casting tape: a lightweight, porous, breathable synthetic material that your physician has selected for its comfort, convenience and durability. To help take better care of your cast, please read and follow the important cast care instructions.

Wet cast

- The cast is water resistant but the padding is not.
- If you get your cast wet, do not try to dry it. Go back to your orthopedic office for assistance.
- If you are worried about getting your cast wet, talk to your doctor. Waterproof casting material is available for an additional cost. Please talk to your doctor about which type of cast is best for you.

Itchy cast

- Never insert anything under your cast to scratch the itch; you could cause severe skin damage.
- Avoid getting dirt or other foreign particles under your cast.
- Soap used around the cast area should be mild.
- If severe itching persists, tell your physician.

Tight cast

- It is common for your cast to feel snug for the first few days after it is put on.
- Keep the cast elevated six inches above your heart to decrease the swelling and throbbing.

If any of the following problems occur, contact your physician immediately:

- Cast loosens, cracks or breaks
- Cast rubs or presses against your skin and causes irritation
- Cast becomes uncomfortably snug or tight
- Fingers or toes below the cast go numb, become difficult to move, or become cool or discolored (whitish or blueish tinge)
- “Pins and needles” feeling under the cast
- Moderate discomfort develops into severe or constant pain

Like other synthetic casting materials, your cast is not fireproof and proper care should be taken near open flames.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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