

Fiberglass Cast Care Instructions



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

Keep the cast clean, dry, and avoid getting the cast wet. Cover the cast when showering with a plastic bag or a cast cover that can be purchased over the counter. This cast material is not fireproof and proper care should be taken near open flames

Wet cast

- The outer cast material is water resistant, but the inside padding is not. If you get your cast wet – contact your orthopedic office for assistance.
- If you are worried about getting your cast wet, talk to your doctor. There is waterproof casting material available for an additional cost.

Itchy cast

- Never insert anything under your cast to scratch the itch; you could cause severe skin damage or cause an infection.
- You can try to use a hair dryer on the COOL setting to blow into the cast.
- Avoid getting dirt or other foreign particles under your cast.
- Only use mild soap around the cast area.
- If severe itching persists, contact 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 the level of your heart to decrease the swelling and throbbing and wiggle your fingers or toes below the cast.

When to contact your physician's office

- Cast loosens, cracks, or breaks.
- Cast rubs or presses against your skin and causes irritation.
- The 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.

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

Answering service for after hours.

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