

Waterproof Cast Care Instructions



Your cast is made with a liner that has innovative cast padding that has tiny pores to stop the passage of water but still allows water vapor to pass. Water will not wet the liner, only your skin. You may bathe, shower, or even swim (but you should limit swimming time). To help take care of your cast, please read, and follow the important cast care instructions.

This cast material is not fireproof and proper care should be taken near open flames.

Wet cast

- You can flush the cast with mild soapy water then rinse thoroughly with a steady stream of clean water.
- To speed up drying the skin and cast, allow for proper draining.

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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