

CAST Care and Instructions



New Synthetic Under Cast Padding materials have been developed as water resistant and designed to allow water to pass through the material. If allowed under your Medical Practitioners specific orders this new style of casting allows patients to shower, swim and bathe like normal.

NOTE – A Traditional Plaster of Paris Cast **MUST** be kept dry at all times

Key Points

- **Getting the Cast wet** – the under cast padding is designed to allow you to get your cast wet should your Medical practitioner approve
- **Drying the Cast** – Most of the water will run out the ends of the cast for several minutes after getting it wet. The rest of the water will dry with body heat and evaporation. You may dry the outside of the cast with a towel but do not attempt to dry the inside. Do not cover the cast while drying as this will not allow remaining water to evaporate from the cast.
- **Drying Time** – Drying will vary depending on the environments temperature, humidity and the size of the cast. The cast will usually dry in about 90 minutes. Water can accumulate in the heel of a short leg cast or elbow of a long arm cast: make sure to let the foot or arm hang so that all the water can drain from the cast. If you are going to bed and the cast is not dry, place a towel under the cast to soak up excess water.
- **Cleaning the Cast** – Your cast should be rinsed thoroughly after swimming, getting the cast dirty or periods of excessive perspiration. You may use a mild soap solution when flushing the cast but be sure to thoroughly rinse the cast with clean water.
- **Damaging the Cast Padding** – Padding can become damaged. This may not allow it to work properly. The Padding is most commonly damaged by placing foreign objects inside the cast.

General Cast Care Instructions

- Follow your Medical Practitioners orders
- Keep your cast as clean as possible
- Rough edges may be filed down with an emery board
- Do Not insert objects into the cast
- Do Not use powders, oils or oil based lotions near the cast
- Do Not pull out the cast padding or place additional padding inside the cast
- Do not break off or trim the casts edges
- Do not engage in vigorous activity involving the cast
- Contact your Medical Practitioners should you experience any of the following:
 - Pain, Swelling Numbness or Tingling
 - Feel a blister or sore developing inside the cast
 - You develop skin problems at the cast edges
 - Notice an unusual odor coming from the cast
 - The cast becomes excessively soiled
 - The cast begins to break down
 - The cast becomes too loose
 - You develop a fever
 - You have any questions regarding your cast



Note - Some patients will experience cast-related problems, including skin irritations, rashes, redness, maceration, blisters, itching, odor, discomfort or broken casts. Please contact us or your Medical Practitioner should you experience any of these signs.

This brochure has been prepared as a guideline only and is not intended to replace any directions given to you by your Medical Practitioner or Health Care Professional.

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