

GENERAL CAST CARE TIPS

*If the patient has pins, hardware, or an incision under the cast please **DO NOT** get the cast wet. If the cast does get wet, please contact our office so that we may change the cast out*

If the patient has eczema, sensitive skin, or other skin conditions, we advise against getting this cast wet. It can irritate the skin and cause a flare up of the condition.

DRY USE

You can purchase cast covers at local pharmacies, or covers with vacuum seal technology through online retailers.

- Amazon - Bloccs or Dry Pro brand - Most durable and secure; generally cost more than drugstore covers. Best uses: trips to the beach/ocean/lakes or when frequently swimming.
- Walmart, CVS, and Walgreens pharmacies- Medium durability. Best uses: bath time and water splashes.
- Garbage bag - put a garbage bag over the cast and tape the top of the bag to seal it.

WET USE

If your physician permits you to get your cast wet, you must allow the cast and your skin to dry thoroughly before getting the cast wet again. We advise 2-3 days in between before getting the cast wet again.

- You may get your cast wet in the bath/shower or in the pool only. Avoid natural bodies of water (lakes, rivers, or oceans) as bacteria and contaminants entering the cast may cause skin irritation or other problems.
- Rinse the cast thoroughly with tap water after swimming, showering, or bathing. It is important to rinse the chemicals (chlorine, shampoo and soap) and debris out of the cast as this may cause a chemical burn or skin irritation if left to dry on the skin.

DRYING THE CAST

- You can wrap and push a towel around the cast to absorb the water.
- Putting the cast in front of a fan or the A/C in the car
- Running a blow dryer on the **cool setting only** up and down the cast
- If the weather is warm, you may sit outside in the sunlight and heat for a short period of time

ITCHING

If the cast gets itchy inside, there are a few things you can do to help. Important: **Do Not** stick any object into the cast to scratch (pencils, pens, rulers, etc.) as doing this can cause an abrasion that may quickly become infected and possibly scar. A cast usually gets itchy when the casted limb is hot and sweaty. You may try:

- Tapping on the outside of the cast with a spoon.
This will send vibrations down the cast.
- Putting the cast in front of a fan or the A/C in the car.
- Running a blow dryer on the **cool setting** up and down the cast.
- Use a vacuum to suck on the ends of the cast. This will pull cool air through the cast.
- Holding an ice pack in the hand or on the foot of the casted limb, or directly over the bothersome area.
- Benadryl or an antihistamine can be given as well.
- **Do Not** use lotions, oils, or powders inside the cast. This may cause irritation inside the cast.

WHAT TO AVOID

- Bikes, scooters, trampolines, monkey bars, etc. The patient may not be able to catch themselves and could re-injure the extremity or injure themselves or others because they cannot catch themselves well enough. We want the patient to keep their feet on the ground as best they can.
- **Do Not** expose the cast to dirt, sand, gravel, or woodchips. These items can get into the cast and embed into the skin very quickly. If you think the patient may have any foreign object inside the cast, please contact us as soon as possible.



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