



WATERPROOF CAST CARE

Your Waterproof Cast Liner is designed to allow you to continue a more normal lifestyle while healing. If you have a synthetic cast, this may include bathing, swimming, hydrotherapy, and other activities that your doctor approves for you. If you have a plaster cast, your cast must be kept dry at all times.

Remember that your cast helps the healing process. Avoid any activities that might interfere with healing, and always follow your doctor's specific instructions about proper care of your cast and your injury.

SOME COMMONLY ASKED QUESTIONS

HOW DOES WATERPROOF CAST LINER WORK?

Your Waterproof Cast Liner contains billions of tiny pores that stop the passage of liquid water, but allow water vapour to pass through.

Water does not wet the Waterproof Cast Liner, only your skin. Most of the water will drain quickly out the ends of your cast. After a few minutes, the water on your skin will become warm from your body heat and start to evaporate. The water vapour will then pass slowly through the liner and out through your synthetic cast.

CAN I GET MY SYNTHETIC CAST WET?

Yes. If your doctor approves, you may bathe regularly, swim, and undergo hydrotherapy without covering your cast. If you swim or use hydrotherapy, be sure to thoroughly rinse inside your cast with clean water to remove chlorine, salt, dirt or other substances.

CAN I WASH MY SYNTHETIC CAST

Yes. Washing or rinsing inside your synthetic cast may reduce odour and irritation and improve the overall skin condition of the cast area. You may use a spray nozzle at a sink or a flexible showerhead to rinse inside your cast with warm water. Never insert any object into your cast for any purpose. No special drying procedures are necessary after wetting.

CAN I USE SOAP?

Yes. You may flush the cast area with a mild solution of a hypoallergenic glycerin-based soap, followed by a thorough rinsing with clean water. Consult with your doctor as to which soap may be appropriate for you.

HOW DO I DRY THE CAST?

No special drying procedures are necessary after wetting, but you may want to lightly towel off the excess water on the outside and ends of your cast. Do not insert a towel or other objects inside the cast or use heat to dry it.

Your Waterproof Cast Liner will allow your skin and cast to dry by evaporation.

Do not cover your cast while it is drying. You may experience a cooling sensation as water vapour passes out through the liner and cast.

NOTE: To accelerate the drying process in a short leg cast, point the foot toward the ground to drain excess water from the heel pocket.

HOW LONG DOES IT TAKE FOR THE CAST TO FEEL DRY?

This will vary. The time it takes to dry will depend on the type and size of the cast and climatic condition. However many patients report that the cast feels relatively dry within one hour.

CAN THE WATERPROOF CAST LINER BECOME DAMAGED?

Yes. Certain activities damage your Waterproof Cast Liner and interfere with its performance, which may cause discomfort or irritation to your skin.

NOTE: Some patients may experience cast-related complications, including: skin irritation, rash, redness, maceration, blisters, itching, odour, discomfort, or broken casts. If this occurs please contact your physician.

GENERAL CAST CARE DO'S & DON'TS

DO...

- Follow your doctor's instructions
- Keep your cast clean
- Inspect the skin condition around the cast area

DO NOT...

- Insert objects inside the cast
- Use oils, oil-based lotions, or powders near the cast
- Pull out or rearrange waterproof cast liner
- Place additional padding inside the cast
- Break off or trim cast edges
- Engage in vigorous activity involving the cast area
- Sunburn the cast area soon after the cast is off

CONTACT YOUR DOCT OR IF...

- You have pain or swelling
- You feel a blister or sore developing inside the cast
- You notice an unusual odour coming from the cast
- You experience numbness or persistent tingling
- Your cast becomes badly soiled
- Your cast breaks, cracks, or develops soft spots
- Your cast becomes too loose
- You develop skin problems at the cast edges
- You develop a fever

This brochure has been prepared as a guideline only. It is not intended to supersede any directions given to you by your physician or health care professional. If you have any questions contact your Complete Feet practitioner.

For more information phone: 1300 668 117