

How to Care for your Waterproof Cast

Your cast is made from a fibreglass outer shell with a waterproof synthetic liner. It is designed to get wet, but proper care is important to protect your skin and support healing.

Hygiene and Bathing instructions:

✓ DO:

- Shower or bathe as normal, using soap and clean water.
- Let clean water run over the cast during your shower or bath.
- Wet the inside of the cast daily with clean water. This helps wash away built-up skin cells, reduces itching, and prevents the liner from sticking to the skin.
- Rinse the skin under the cast edges with clean water to reduce risk of irritation or trapped soap.

Swimming:

Swimming is sometimes allowed, but only if your doctor has cleared you.

You may be allowed to:

- Swim in clean water, such as chlorinated swimming pools
- Limit time in the water to **60 minutes per session**
- Allow the cast to fully dry before entering the water again

How to Dry Your Cast

- Rinse the cast thoroughly with clean tap water
- Let water drain out naturally
- Pat the outside dry with a towel
- Use a hairdryer on a cool setting if needed

The cast should feel dry within 1–2 hours (may take longer in humid weather).

✗ DO NOT

- Do not use hot water for long periods
- Do not use a hairdryer on a hot setting
- Do not apply lotions, powders, or deodorants inside the cast
- Do not put objects inside the cast to scratch itching skin

Other Tips

- Elevate the limb (especially in the first 48–72 hours) to reduce swelling
- Move fingers or toes regularly to maintain circulation
- Check the skin around the cast edges daily for redness or irritation
- Keep food, sand, and small objects away from the cast - **do not insert anything inside to relieve itching**

Call the Fracture Clinic or Seek Help If:

- The cast remains wet for more than **4–6 hours**
- You have increasing pain, swelling, or tightness
- Fingers or toes become numb, cold, pale, or blue
- There is a strong odour with pain or discharge
- The cast becomes damaged, loose, or uncomfortable

Follow-Up:

Attend all scheduled fracture clinic appointments

- Your cast may be removed in clinic once healing is complete (usually 4–8 weeks)
- Rehabilitation or physiotherapy may be advised once the cast is off