

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

HYGIENE & BATHING

✓ 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 washes away built-up skin cells, reduces itching, and stops the liner sticking to your skin.
- Rinse the skin under the cast edges with clean water, to reduce irritation or trapped soap.

SWIMMING

Swimming is sometimes allowed, but **only if your doctor has cleared you**. If you are cleared, you may:

- swim in clean water, such as a chlorinated swimming pool
- limit your time in the water to **60 minutes per session**
- let the cast dry fully before going back in the water.

Avoid the sea, lakes, rivers, and spas or hot tubs. Salt water, natural water and warm, bubbling water carry a higher risk of infection and are harder to rinse fully from the cast.

HOW TO DRY YOUR CAST

- Rinse the cast thoroughly with clean tap water, especially after swimming.
- Let the 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** (it may take longer in humid weather).

✗ Do not

- Use hot water for long periods.
- Use a hairdryer on a hot setting.
- Put lotions, powders or deodorants inside the cast.
- Push anything inside the cast to scratch itchy skin.

RELIEVING ITCHING

- **Run cool (not cold) water** over the skin under the cast. This is often the most effective relief, and is already part of your daily care.
- **Use an ice pack** wrapped in a cloth over the outside of the cast, for 10-15 minutes at a time. Never put ice directly against the cast or skin, and never for longer, as you may not feel if the skin underneath gets too cold.
- Aim a hairdryer on the cool setting under the cast edges.
- Tap or gently pat the outside of the cast instead of scratching.
- Raise the limb, as swelling can make itching worse.
- Wear loose, breathable clothing near the cast edges to reduce sweating and rubbing.
- Ask your pharmacist or doctor about an antihistamine if the itching is persistent.

OTHER TIPS

- **Raise the limb** (especially in the first 48–72 hours) to reduce swelling.
- Move your fingers or toes regularly to help your circulation.
- Check the skin around the cast edges daily for redness or irritation.
- Keep food, sand and small objects away from the cast.
- Keep the cast out of direct sun and heat where possible, as it can get hot and increase sweating and irritation underneath.

Call the fracture clinic if

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

Phone (07) 5346 8000 · Email fracture@balanceortho.com.au

Outside clinic hours: if you have any of the symptoms above and can't reach the clinic, go to your nearest emergency department.

FOLLOW-UP

- Please **attend all of your scheduled fracture clinic appointments**.
- Your cast will be removed in the clinic once healing is complete, usually after 4–8 weeks.
- Rehabilitation, physiotherapy or hand therapy may be recommended once your cast is off.