

Waterproof Cast Care

The padding of a waterproof cast is designed so you can get the cast wet. You can take a bath or go into a swimming pool with it.

Be sure to thoroughly rinse clean water through the cast after swimming.

Do not swim in a lake due to bacteria in the water.

How does the cast dry?

Water will drain out the lower end of the cast for several minutes. Do not try to dry the padding that is in the cast. Do not cover the cast while it dries. This will keep water from evaporating from the cast. Drying time can vary but normally it will feel dry within 90 minutes.

What do I need to know about the cast?

Take good care of the cast to help it last.

- **Do not stick anything down the cast**, even if the skin feels itchy. It might get stuck or cut the skin. This could cause an infection.
- **Do not cut or tear your cast**. Cover any rough edges of the cast with cloth tape. You can buy cloth tape at a pharmacy. Never try to take the cast off yourself.
- **Do not pick at or pull the padding out of the cast**. The padding protects the skin while the cast is on and when it is taken off.
- **Do not use powders, oils, or oil-based lotions near the cast**.
- **Quiet activities are encouraged** while the cast is on. **Avoid** activities that involve:
 - Balls.
 - Wheels. This includes bikes, skateboards, and scooters.
 - Trampolines, slides, and swings. Keep feet on the ground!



When should I call?

Call us the nurse line if any of the following occurs.

- Fingers or toes fall asleep, feel numb, or swell. If any of these happen, lift the casted arm or leg above the level of the heart. If this does not help, call right away.
- There is new pain or pain under the cast that gets worse.
- The cast feels too loose or too tight.
- There is drainage coming through the cast.
- There is an open sore around the edge of the cast.
- Something was put inside of the cast by accident.
- The cast breaks, cracks, or seems soft.

Cast Removal



The cast is removed with a special tool that makes a very loud noise. It cuts through the outer cast with a disk that vibrates.. Clinic staff can show how the tool works before the cast is cut off.

Remember, the waterproof padding protects the skin from the heat of the cast tool. Do not pull the padding out. After the cast is cut open with the special tool, the padding will be cut off with a scissors.

To view a video of a cast being removed go to: chw.org/cast.

Risks

There are some possible risks with casting. These risks include, cast saw burn or cut, pressure sore, and skin irritation. Remember, the waterproof padding protects the skin from the heat of the saw. Do not pull out or push down the padding. Following these guidelines will reduce the risk.

Call the nurse line with any questions or concerns you have.

CHW Milwaukee nurse line: 414-266-2411.

This teaching sheet does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.