



Children's Orthopedic Specialists, PC

Scoliosis and Pediatric Orthopedic Surgery

Cast Precautions

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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
- File down any rough spots on the cast with an emery board

DO NOT:

- Insert objects inside the cast
- Use oils, oil-based lotions, or powders near the cast
- Pull out or rearrange padding inside the cast
- Break off or trim cast edges
- Sunburn the cast area soon after the cast is off

CONTACT CHILDREN'S ORTHOPEDIC SPECIALISTS IF:

- You have pain or swelling
- You feel a blister or sore developing inside the cast
- You notice an unusual odor 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



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Waterproof Casts (Procel Gortex Cast Liner)

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How does PROCEL Cast Liner work?

PROCEL Cast Liner contains billions of tiny pores that stop the passage of liquid water, but allow water vapor to pass through. Water does not wet the 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 vapor will then pass slowly through the liner and out through your fiberglass.

Can I get my fiberglass 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 fiberglass cast?

Yes. Washing or rinsing inside your fiberglass cast may reduce odor and irritation and improve the overall skin condition of the cast area. You may use a spray nozzle at a sink or a flexible shower head 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 hypo-allergenic glycerin based soap, followed by a thorough rinsing with clean water. Consult 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. Do not cover the cast while it is drying. You may experience a cooling sensation as water vapor 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.



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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 cast and climatic condition. However, many patients report that the cast feels relatively dry within one hour.

Can the Cast Liner become damaged?

Yes. Certain activities can damage your PROCEL 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, blisters, maceration, itching, odor, discomfort, or broken casts. If this occurs please contact your physician.

Cast Care Instructions

Your cast was placed for you or your child's protection. Every effort was made to apply the cast safely. Keep your cast clean and dry (unless it is fully waterproof). Most importantly elevate the extremity to reduce swelling and minimize the risk of excessive tightness. Digits should remain warm, pink and have near normal sensation. If you have any questions or concerns, please contact us immediately.

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.