



WATERPROOF CAST LINER

Waterproof cast liners are designed to be saturated at least once daily, either by completely immersing your cast or letting the shower water run down into the cast to make sure that it is thoroughly wet. This process will wash out any sweat, oils or dry, flaky skin that may be in your cast, helping to keep it clean and odor free.

There is no time limit as to how long you can keep your cast in water whether bathing or swimming.

Most importantly, with this type of cast liner, after completing your bath, shower or swim, you must take time to rinse the inside of your cast with clean water to rinse out any soap residue or pool chemicals from the cast.

It is okay to let the soapy water from bathing enter your cast. Again, you will be rinsing the cast when you are done. However – DO NOT squirt shower gel or soap directly down into the cast. It is difficult to rinse concentrated residue from the cast.

Anytime your cast is saturated, be sure to position your extremity to allow excess water to drain from the cast.

DO NOT insert any powder, lotions, perfume, cologne or anything else into your cast - this may actually cause odor. With the waterproof cast liner, the idea is to keep your cast as clean as possible so that skin breakdown does not occur.

With this type of cast liner, not many people complain of any discomfort or itching sensations. If, by chance, you do...DO NOT use anything to poke down into the cast to scratch for two reasons:

1. You can change the position of the liner and create pressure points on the skin that may cause pain.
2. You can scratch your skin with the softest of objects and cause an infection inside the cast which might not be detected until the cast is removed.

DO NOT use any type of heat to dry your cast. The white liner is designed to allow your normal body temperature to help with the evaporation of the water in your cast, and it does not withstand forced heat. Your cast will dry in approx. 1-2 hours, but varies with seasonal weather. If it is more humid, it may take longer, but it will eventually dry.

If you have any questions regarding your waterproof cast – do not hesitate to call our office at 264-0791 and someone will assist you with any questions that you may have.