



## **Waterproof Cast**

Your cast is waterproof because we used waterproof cast padding. You do not need to wrap your cast when showering or bathing. However, if your cast gets very wet, it may take a long time to dry. It is okay to swim in a pool, but we do not recommend swimming in a lake or rivers; keep sand away from your cast.

After bathing or swimming, pour water down the cast. This will rinse out the soap or chlorine. Wrap your cast with a towel after rinsing. Elevate your arm/leg to allow additional water to drain out. If your cast becomes itchy, use a hairdryer on a cool setting. **DO NOT** use coat hangers or put objects into your cast. **DO NOT** pull padding out of your cast.

Call our office at 270-504-1300 (Hartford) or 270-691-0059 (Owensboro) if you have any of the following:

- Fingers/Toes become very pale or blue
- Fingers/Toes are numb and tingling
- Fingers/Toes are much colder than the opposite side
- You are unable to move Fingers/Toes
- There is a very foul odor or drainage coming from under the cast
- A skin rash or sores develop around the cast
- Your cast is broken or falling apart
- Your cast becomes very loose
- Swelling increases and does not go down after elevating your hand/foot above your heart for an hour.

Avoid too much activity and situations that may re-injure you or damage your cast. Remember your cast is there to help your arm or leg to heal. If you have any concerns, do not hesitate to call.