

CARING FOR YOUR WATERPROOF CAST

- DO NOT rest cast on any edges for 2 hours until dry.
- DO NOT wet cast for 2 hours.
- IF PINS AND NEEDLES OR NUMBNESS OCCUR elevate limb for 20 minutes. If this fails to relieve the problem immediately visit LifeFit Physiotherapy or your nearest medical centre/hospital emergency department. Your cast may need to be split to relieve the pressure.
- DO NOT insert any objects into the cast or pull out/rearrange cast liner.
- DO NOT put any weight through your cast unless your Physiotherapist or Doctor says it is ok to do so. If allowed to put weight through your cast, always wear a thong/sandal to protect the cast. DO NOT weight bear until your cast is dry - approximately 2 hours.
- Keep arm or leg elevated to prevent further swelling for approximately 48 hours.
- Exercise toes or fingers regularly.
- Rinse cast daily with water to prevent build up of sweat/dirt and thus help prevent odours.
- Drain excess water out of cast once wet.
- Keep cast away from heaters.
- If any rough edges exist, file with an emery board.

CONTACT US

- If you have uncontrolled pain or swelling.
- If you experience persistent tingling or numbness.
- If your cast becomes too loose.
- If your cast breaks, cracks or develops soft spots.
- If you feel any blisters or sores developing.

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