

## Dry Cast Care Instructions

### How do I bath/shower and protect my cast from becoming wet?

External cast covers provide an effective alternative when waterproof cast liners and padding cannot be used because of fracture pattern, underlying incisions, cost, or availability.

The use of double plastic bags with duct tape or a CVS Health Reusable Cast and Wound Protector has both been reported to provide up to 100% prevention of water absorption.

The DRYPro Large Half Leg Waterproof Cast cover can also be used.



However, entirely abstaining from contact with water and not submerging the cast in water remains the most effective approach to preventing a wet cast.

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## Dry Cast Care



# DRY CAST CARE



Some casts cannot be waterproof because of fracture patterns, underlying incisions, exposed pins placed during surgery, medical conditions, cost, or availability.

This brochure will help you provide dry cast care and help prevent problems that can occur with a dry cast.

## What do I do if the cast itches?

1. Lightly tapping on the cast to create a gentle vibration
2. massaging the exposed skin around the cast
3. wrapping a watertight ice pack or a sealed bag of frozen vegetables on the outside of the cast to cool the itchy area, but please do not get the cast wet.
4. Use of an over-the-counter antihistamine such as Benadryl can help reduce the itching as long as you have no allergies or underlying medical conditions that may be a contraindication to this medicine.

**NEVER** stick anything down a cast. **NO** rulers, pencils, pens, pen caps, or ANYTHING. Putting something down the cast can cause the padding to bunch up and make it uncomfortable for the child or cause a sore on the skin.

**NO** going to the beach while you are wearing a cast. If shells or sand get lodged in the cast, it can cause a sore as well.

**DO NOT** get the cast wet. A wet cast can result in a foul odor and skin irritation. It can also cause infection of underlying incisions or pins.

**REMEMBER** the more you sweat, the more a cast will itch.

If you get the cast WET, please call our office. A wet cast can result in a foul odor and skin irritation. It can also cause infection of underlying incisions.

