

Dry Cast Care

Bathing and Showering

When waterproof casting is not an option, the cast must be protected during bathing. To keep the cast dry:

- Use a medical-grade cast protector or commercial cover (such as the CVS Reusable Cast and Wound Protector or DRYPro Half Leg Cast Cover)
- Alternatively, double-wrap the cast in plastic bags and secure with waterproof tape (such as duct tape)
- Avoid submerging the cast completely in water, even with protection in place

The most effective way to avoid a wet cast is to keep the cast completely out of contact with water.



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Understanding Dry Cast Care

Not all casts are waterproof. Some casts must remain dry due to fracture type, surgical incisions, exposed hardware (such as pins), medical conditions, material availability, or insurance coverage.

If your child has a dry cast, following the right care instructions will help prevent complications such as skin irritation, infection, or discomfort during healing.

Managing Itching

Mild itching is common with a dry cast. You can help ease the discomfort using these safe strategies:

- Gently tap the outside of the cast to create a light vibration
- Massage the skin around the edges of the cast
- Apply a sealed ice pack or bag of frozen vegetables to the outside of the cast (do not allow moisture to leak inside)
- Consider an over-the-counter antihistamine (such as diphenhydramine/Benadryl), if approved by your doctor



Do not insert objects into the cast to scratch the skin. This can damage the cast lining and lead to sores, skin breakdown, or infection.

Activities to Avoid

To protect your child's cast:

- Do not go to the beach. Sand or shells can get trapped inside and cause skin injury.
- Avoid submerging or splashing water onto the cast.
- Prevent sweating when possible. Excess moisture from sweating can increase itching.

If the cast becomes wet, contact our office promptly. A wet cast can cause odor, skin irritation, and increase the risk of infection, especially if there are surgical incisions or pins underneath.



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