

## **Cast Care Instructions**

- ❖ Do not get the cast wet: After getting a cast wet, it often becomes smelly and can be very irritating to the skin underneath.

### **Bathing ideas:**

Sponges bathe young children

Wrap a heavy plastic bag or Saran wrap around the cast and tape down securely so water does not drip inside

“Cast covers” are available thru an online company at [www.xerosox.com](http://www.xerosox.com)

- ❖ If the cast does become wet, DRY IT completely with a blow dryer set on a “cool” air setting. This may take a long time but it is important!
- ❖ If the skin underneath becomes itchy: DO NOT stick items down inside to scratch! Many items are capable of breaking through the skin under the cast (possibly causing an infection), or becoming trapped down inside the cast, or destroying the protective padding under the fiberglass. Use the blow dryer on “cool” to relieve hot, itchy skin...or gently tap on the outside of the cast to relieve itching.
- ❖ Children are curious and sometimes stick items down inside the cast: please contact the office at **801-355-6468** if you believe your child has gotten something stuck down in the cast, it may need to be changed.
- ❖ If you have any questions or are unsure about anything, please call the office at **801-355-6468**.