

## What can you do with a waterproof cast?

- **You can wash hands**, shower and bathe using a mild soap, then rinse the cast with water.
- **You can swim in a swimming pool** with your cast. Keep swimming time under 1 hour. Afterwards, thoroughly rinse your cast with clean water.

## How should you dry the cast after getting it wet?

After getting wet, it is important to dry the skin underneath the cast to avoid skin irritation.

- **Let the water drain** from the lower end of the cast for a few minutes. Make sure to let the foot or arm hang at an angle to avoid water accumulating in the joints (ex. heel).
- **Do not cover the cast** while it is drying.
- **Use a hair dryer** on cool setting to push water out of the cast and shorten the drying time. Do not use hot air as this may burn.

## How can you keep the cast in good shape?

- **Keep it clean.** Avoid getting dirt or sand inside the cast. **Beach swimming is not permitted.**
- **Avoid lotions.** Do not place powder, lotion, cream or deodorant on or underneath the cast.
- **Do not insert objects inside the cast.** Do not scratch the skin underneath the cast with an object as this can damage the skin or the cast.
- **Leave cast changes to your doctor.** Do not trim the cast edges or pull padding out of the cast.
- **Rinse the inside of the cast daily.** This will remove sweat, dead skin, help reduce odors and itching.

## What should you expect in the first week?

You may have **PAIN** for the first week. To control your pain:

- Use Ibuprofen or Acetaminophen (unless allergic). Follow the instructions on the bottle.
- Keep the broken bone raised, using a sling/pillow, to lower the swelling.

The skin underneath your cast may feel **ITCHY**. This is normal. To relieve itchy skin:

- Rinse out the cast with water or use a hair dryer (on cool setting) to blow air into the cast. You can even touch the hair dryer directly to the cast using the vibrations to help with the itch

## Do we need a follow-up appointment?

**Yes**, our team will book an appointment for you for a re-assessment and/or cast removal at UP. If a referral to an orthopedic or plastic surgeon was needed, our team will ensure to transmit the referral electronically and inform you of next steps.

## When should you ask for help?

- There is redness on the skin around the cast edges
- Your pain is getting worse or pain medications are not helping
- Your fingers or toes become blue or white
- An object has fallen into the cast or the cast is broken

## Who do you call if you have any questions or concerns?

UP centre for pediatric emergencies @ 450-693-0323