**\*\*CAST CARE INSTRUCTIONS\*\***

Keep the cast dry (if not a water proof cast.) You can purchase cast covers in our office and at some local pharmacies or a medical supply store for bathing or showering. Or use a plastic bag over the injured area secured tightly with tape above the top of the cast.

\*If you have a Gore-Tex waterproof cast you may shower and swim with the cast. How the waterproof lining works is when the lining is exposed to liquids, the liner remains dry while the patients’ skin gets wet. Most of the water will drain quickly out of the cast openings. The patients’ body heat will warm the remaining water into vapor, causing it to pass through the liner and the casting tape.

\*If your child is wearing a short leg or long leg cast, check the bottom of the cast regularly to see if it becomes cracked or develops soft spots, if so, please contact our office. Wear the cast shoe at all times except when bathing and sleeping.

**DO NOT** insert any objects inside the cast to scratch the skin. Use a hairdryer placed on a cool setting to blow air under the cast and cool down the hot, itchy skin.

**DO NOT** put powders or lotion inside the cast.

**DO NOT** pull out or rearrange the cast liner

**DO NOT** have your child engage in vigorous activity while wearing a cast

**\*\*AFTER CAST CARE INSTRUCTIONS\*\***

**\***Once your cast is removed **DO NOT SCRATCH YOUR SKIN!** You will have dead skin and underneath is new skin which is **very sensitive**. Scratching your skin will feel very good to do but will damage the new skin causing irritation which can lead to skin tearing open.

\*After the cast comes off, your skin might look dry, scaly, flaky, dark, or pale

\* The hair on your arm or leg might seem darker and thicker than usual.

\* Your limb might smell a little bit (or a lot!)

\* When you get home gently wash it with soap using your hands or a soft cloth. It may take a couple of washes to remove all the dead skin off.

\*Put lotion on after you clean the area where the cast was. This will keep your skin soft, speed healing, and help stop itching. Choose a fragrance-free lotion because perfumes can irritate skin that's delicate or sensitive from being in a cast. Lotions made with cocoa butter work well.

 **\***The muscles of your limb will likely appear smaller and weaker because you haven't been using them. This is called being "atrophied." Your limb will feel stiff, sore and may appear swollen. This is normal, too, but it will take a little longer for your muscles to get back to normal.