

## Fiberglass Cast Instructions

Your cast is made of a Fiberglass Casting Tape: a lightweight, porous, breathable synthetic material that your physician has selected for its comfort, convenience and durability. To help take better care of your cast, please read and follow the important Cast Care Instructions.

### **Your cast is water-resistant, but the padding IS NOT!**

If you do get your cast wet, do not try and dry it. Go back to your orthopaedic office. The office will also have water proof casting material available for an additional cost which is a very popular and convenient for patients. Please talk to your doctor to discuss which type of cast is best for you.

### **Almost every cast itches a bit, but...**

Never insert anything under your cast to scratch the itch; you could cause severe skin damage. Avoid getting dirt or other foreign particles under your cast. Soap used around the cast area should be mild. If severe itching persists, advise your physician.

### **Almost every cast is tight at first...**

It is common for your cast to feel snug for the first few days after the application of the cast. Keep the cast elevated six inches above your heart to decrease the swelling and throbbing.

### **If any of the following problems occur, contact your physician immediately:**

- Cast loosens, cracks, or breaks
- Cast rubs or presses against your skin and causes irritation
- Cast becomes uncomfortably snug or tight
  - Fingers or toes below the cast go numb, become difficult to move, or become cool or discolored (whitish or bluish tinge)
  - “Pins and needles” feeling under the cast
  - Moderate discomfort develops into severe or constant pain

Like other synthetic casting materials, your cast is not fireproof and proper care should be taken near open flames.

## **Have a speedy recovery!**

