

caring for your aquacast™ waterproof cast

After application, your fingers or toes may temporarily appear blue or discolored. This is normal.

- Once your arm or leg adjusts to the temperature of the AquaCast, within about 10-15 minutes, your toes/fingers should return to their normal color.
- During this process, it helps to keep the limb elevated and wiggle your fingers or toes.

You may fully submerge your AquaCast in water.

- AquaCast is a waterproof cast padding that replaces the standard cotton and stockinette underneath a fiberglass cast.
- If you are going to be spending a significant amount of time in water, be sure to take a 15 minute break for every hour that the cast will be submerged. For example, spend 45 minutes in the water, and then take 15 minute break.

Do NOT pull the AquaCast padding out of the cast.

- The AquaCast liner inside of the cast helps to protect your skin from the fiberglass (the hard part of the cast).
- If the liner is pulled out of the cast, the fiberglass will be in direct contact with your skin and will cause irritation.
- If the liner is pulled out of the cast, it is possible that when the cast is being removed, the cast saw can burn you.
- The AquaCast is applied in a continuous roll. If the padding begins to get picked at, the entire roll of the AquaCast will unravel.
- If the AquaCast liner is pulled out of the cast and it is necessary for the cast to be reapplied, the AquaCast liner will have to be paid for again.

Do not put anything in your cast, even if the cast is causing you to itch.

- This includes, but is not limited to: coat hangers, coins, toys, powder, cornstarch, etc.
- Do not put soap directly into the cast.
- If an object becomes stuck in the cast, your skin may try to grow over the object. This can cause an infection.
- If you are using an object (like a coat hanger) to scratch the inside of the cast there is a chance that you may puncture your skin. This could also cause an infection.
- An object being inserted into the cast can cause a wrinkle in the AquaCast padding. This could result in a pressure sore.
- If the cast is causing you to itch, a hair dryer on a cool setting directed under the cast may provide some relief.

If your leg gets casted and you have been given permission by a physician or the physician's assistant to bear weight in the cast, be sure that your cast shoe is worn at all times unless you are sleeping or bathing.

- If you walk around without the cast boot on, the bottom of the cast will break down. Then, the cast is not serving its purpose.
- Certain types of flooring can also be very difficult to walk on without the cast boot covering the cast. This has the potential to result in an accident.

Elevate your cast.

- Keep the injured arm or leg raised above the level of the heart for 48 hours. This helps to relieve pain and decrease swelling.

Do not paint the cast.

- Paint will cause poor air circulation under the cast and will cause discomfort.

Do not remove the cast yourself.

