

# Water – resistant casts:

## Looking after cast and the skin inside the cast

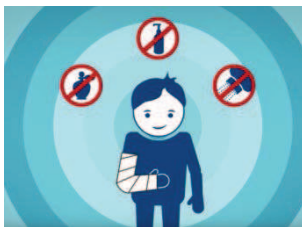


To look after your skin, water-resistant casts must be washed & dried thoroughly **every day**.

### Washing



Washing inside your water-resistant cast every day with water helps to wash away the build-up of skin inside the cast and helps to stop it from sticking to the skin.



Do not use soaps, fragrances or powders inside the cast; these may get stuck on the skin and cause a sore.

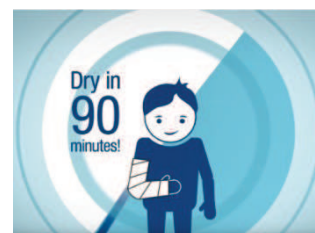
### Swimming



You can go swimming in a pool but do not go near dirt or sand as this can get stuck inside your cast and cause a sore. This means it is not recommended you go in beach or river water.

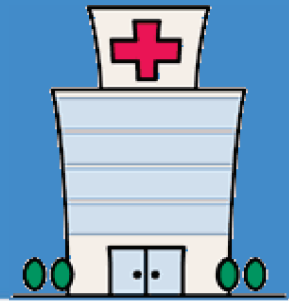
Make sure swimming is only for 1 hour once a day, rinse it as below

### Rinsing and drying



Rinse the cast with clear water and tilt the cast until the dripping stops to make sure all the water can run out. Do not use a hair dryer to dry the cast, it may burn the skin.

Remember after rinsing inside your cast it can take at least 90 minutes at room temperature to dry.



## When to get a check-up by your doctor

Some children may experience cast related problems.

Please seek medical advice if your child experiences any of the following:

- > An object has been put inside the cast
- > Severe pain or burning not relieved by paracetamol
- > Bad smell coming from the cast
- > Unusual colour of the fingers/toes
- > Damage to the cast
- > Able to slide or rotate the cast

Other problems may include:

- > Skin irritations
- > Rash
- > Redness
- > Broken down skin
- > Blisters
- > Itching



**If you have any of these problems, contact your local doctor or re-present to the Emergency Department so that we can check what is happening.**

**Remember if we can't see it we cannot know what is happening so best to get it checked!**

Images

- (Cast Images), 2014, BSN medical. <https://www.youtube.com/watch?v=o8D1xficUBY>
- (Hospital), 2011, Clipart
- (No hairdryer) no date, Clipart

## For more information

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