

Waterproof Cast Care

You have a waterproof cast to protect you as you heal. Follow these instructions for taking care of your cast.

Showering

It is OK to get your cast wet. In fact, this will help your cast be more comfortable with less odor and itching.

- Let soapy water run through the cast, but do not squirt any soap inside the cast.
- Rinse the cast with clean water before you get out of the shower. Let your arm stay under the water for a minute or two.
- Let the water drip out of the cast for a few minutes after showering.
- Use a towel to help absorb the excess water. It may feel wet inside the cast for up to 2 hours. If this is bothersome, you may use a hair dryer on the cool setting only to blow air into the ends of the cast to help it dry.

Itching

Your skin under the cast may itch. Do not put anything inside your cast to scratch. Do not put powder or lotion inside your cast. To relieve itching, run cool water through the cast. You may also try using a hair dryer **on the cool setting only** or a vacuum hose attachment to move air through the cast for relief.

Cast fit

Your cast should fit snugly, but it should not cause discomfort or cut off circulation. Your cast should also not feel too loose. A loose-fitting cast will not provide proper support for healing.

- Keep your arm elevated above the level of your heart to avoid swelling.
- Check your skin around the edges of the cast for irritation.

When to call your physician

Please call our office right away if you have any of these symptoms:

- Numbness, tingling, burning, discoloration or coldness in your fingers
- No movement in your fingers
- Swelling or feeling that the cast is too tight
- Increased pain

- Any areas of pressure on your skin or skin breakdown
- A loose-fitting or damaged cast

Contact information

If you have any questions about your cast or fracture, please call the Northwestern Medicine Center for Surgery of the Hand at 312.337.6960 (TTY: 711).

For more information

If you would like more information, visit the American Academy of Orthopaedic Surgeons website at orthoinfo.aaos.org/en/recovery/care-of-casts-and-splints/.