

Home care instructions for waterproof cast

Delta-Dry® undercast padding is made of waterproof material which allows water to drain through. When Delta-Dry® is used with synthetic cast material, you can continue bathing, washing and swimming as usual, provided you have a permission to do so.

Special instructions in conjunction with the use of Delta-Dry® undercast padding:

- **Submerging the cast in water.** The design of Delta-Dry® padding allows it to get wet.
- **Drying the cast.** There are no specific instructions for drying the cast. Water will drain from the bottom of the cast for several minutes after the cast has been submerged. You can dry the surface of the cast with a towel. Do not attempt to dry the Delta-Dry® padding under the cast. Do not cover the cast when it is drying so water can evaporate through the cast.

Wrap a towel around your toes if you wear a lower limb cast and around your fingers if you wear an arm cast to enhance the removal of residual water from the edge of the undercast padding.

- **Drying time.** Drying time depends on ambient temperature and humidity as well as the cast size. Usually water will drip from the cast for a few minutes but in approximately 90 minutes it will feel dry. Water will collect at the heel and sole of the foot cast and the elbow of a long arm cast, so let your leg or arm hang after the cast gets wet. Move your leg or arm back to allow all the water to drain from the inside of the cast.
- **Cleaning the cast.** The plaster cast has to be rinsed thoroughly after swimming, shower and sauna bath, or if it gets dirty or you sweat a lot. You can clean the cast with a mild soap solution, however, remember to rinse it carefully with water after cleaning. Run water through the cast until clear water comes out the other end of the cast.
- **Damage to the undercast padding.** Delta-Dry® undercast padding may be damaged. If it is damaged, it will not work as it should. The most common reason for damages is foreign objects pushed inside the cast.

Do remember that the cast is a part of your therapy programme ordered by your doctor. In other words, avoid activities which may impede your healing process and comply with your doctor's instructions.

Contact your care unit if necessary.