

How to take care of a Delta-Dry® cast?

Delta-Dry® padding inside your fibreglass cast allows you to wet your cast. However, the following guidelines must be followed with the Delta-Dry® product:

- It is not recommended to wet the cast in open waters (lakes, rivers, sea, etc.), as sand, pollutants, and micro-organisms can damage your cast or cause infection. Bath, shower, pool, and hot tub water is authorized.
- Rinse your cast thoroughly with clear water after immersing it in chlorinated or soapy water.
- Do not speed up the drying process using a hair dryer, as it can cause burns. The cast will dry on its own through evaporation.

GUIDE

HOW TO TAKE CARE OF YOUR CAST



Why wear a cast?

A cast helps broken bones heal by completely immobilizing the injured limb.

How long must I wear it?

How long the bone must be kept immobilized depends on the severity of the injury.

Drying time

There are two types of casts. Medical staff will inform you of the type of cast that is appropriate for your injury.

Plaster of Paris cast: Dries within 48 hours, but for a leg, drying time is 72 hours.

Fibreglass cast: Dries within 30 minutes

Keep it dry

Do **not** get your cast wet. A wet cast can cause skin maceration (skin exposed to fluid), result in wounds, and make the skin more vulnerable to infection. Here are some care instructions you must follow:

- Never spray water directly on the limb covered in a cast.
- Before taking a shower or bath, cover the cast with a tightly fitted plastic bag.
- Protect your cast from rain and snow.

NOTE

If you have a cast with Delta-Dry® padding, see instructions at the end of the brochure.

Do not apply pressure on the cast before it has dried.



How to take care of my cast?

Do not use the injured limb during intense activities.

Do not wear jewellery on injured hands and feet.

Do not insert objects (e.g. ruler, rods, etc.) into the cast. To relieve itching, use a hair dryer and direct cold air under the cast.

Do not attempt to modify or remove the cast yourself. If your cast is too big, uncomfortable, or damaged, you can move your appointment up.

How to take care of my injured limb?

- Keep the injured limb elevated when resting to prevent or reduce swelling. At night, prop up your arm or leg on a pillow so that it is higher than your heart.
- If you have a leg cast, do not rest your heel on hard surfaces as this could cause pressure sores.
- In case of discomfort or swelling, place an ice pack or a bag of frozen peas on your cast. Be careful not to wet the cast.
- As often as possible, move your fingers or toes of your injured limb to stimulate blood circulation.
- Work your muscles as often as possible to avoid losing muscle tone and strength.
 - **Leg cast:** Contract your thigh muscles and then relax them.
 - **Arm cast:** Clench your fist and then extend your fingers

Signs of complications

- Increasingly intense and constant pain or swelling to the limb in a cast
- Pale or bluish skin of your extremities
- Lost or reduced mobility of your fingers or toes
- Lost or reduced sensation of the limb in a cast
- High fever
- The limb in a cast feels numb, tingles, burns, or is constantly cramped
- Cast has a musty smell
- Difficulty in breathing, chest or calf pain. This could be a sign of phlebitis or a pulmonary embolism.

What to do in case of complications?

If you become aware of any of these signs, or for any other concerns related to your cast, contact:

FRACTURE CLINIC

Monday to Sunday, 7:45 a.m. to 3:45 p.m.

Telephone: 819-732-3341, ext. 2279, dial 2
Outside of opening hours,
contact Info-Santé (8-1-1)

If necessary, visit the nearest emergency department.

