

Caring for your Fiberglass Cast

How long for the cast to be dry?

- Fiberglass: Allow 4-5 hours for the cast to dry.
- Plaster: Allow two full days for the cast to dry.

How do you take care of a cast?

- Keep the cast dry.
- No swimming allowed!
- Keep the cast clean. If it gets dirty, you may clean it with a white vinegar and water solution. Use a damp (not dripping wet) cloth. Allow the cast to dry thoroughly after cleaning. You can use a hair dryer set on cool (do not use heat) to help it dry faster.
- If you decorate the cast, leave a lot of space between drawings. This allows the cast to breathe, which is good for skin underneath it.
- Always keep the cast raised above the heart when resting.

Itching

- Itch is usually caused by moisture on the skin or a healing wound. This can be helped with the use of a hair dryer on a cool setting, or a vacuum.
- Do not use any objects for scratching under the cast (coat hangers, knitting needles, etc.). Instead, use a game or activity to distract your child until the itching stops.
- Benadryl may also help with itching. It is available over the counter without a prescription.

Bathing with a cast

- Bath outside a tub or shower – “sponge bath”
- Bathing inside a tub or shower with a cast cover.
- You can buy cast covers at a drug store. Garbage bags with no holes in them work just as well and cost less. Newspaper bags also work for short arm casts.
- Wrap a small towel around the top of the cast. Cover the cast and the towel with the bag. Use 1” sewing elastic or a string to gently tie the bag closed over the towel – DO NOT TIE TOO TIGHTLY. Use a bow – not a knot – to secure the elastic.
- When finished bathing, dry around the top of the bag first. Do this as soon as you turn the water off.
- Then undo the elastic by pulling the end the bow. Then remove the bag and quickly dry around the top of the cast.
- If needed, use a hair dryer on the cool setting (NEVER warm or hot) to dry around the top of the cast.

Activities

- Your orthopaedic provider will give you instructions about physical activities.
- Make sure you get plenty of rest to help your body with healing.

When should you call our office?

- You have increased or painful swelling of your fingers or toes.
- You start to feel numbness or tingling in your fingers or toes.
- You can't move their toes or fingers.
- You are having pain that is getting worse or not going away.
- Your cast breaks or gets wet.

Your Orthopaedic doctors at the University of South Florida have extensive experience in dealing with casts and fractures. As our patient, you can be assured of the best treatment available today. If you have any questions or concerns, call our office at (813) 396-9422.