

# CAST CARE

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### YOUR PROCEL CAST LINER

Your PROCEL Cast Liner is designed to allow you to continue a more normal lifestyle while healing. If you have a fiberglass cast, this may include bathing, swimming, hydrotherapy, and other activities that your doctor approves for you. If you have a plaster cast, your cast must be kept dry at all times.

Remember that your cast helps the healing process. Avoid any activities that might interfere with healing, and always follow your doctor's specific instructions about proper care of your cast and your injury.

### SOME COMMONLY ASKED QUESTIONS...

#### **How does PROCEL Cast Liner work?**

PROCEL Cast Liner contains billions of tiny pores that stop the passage of liquid water but allow water vapor to pass through.

Water does not wet the Cast Liner, only your skin. Most of the water will drain quickly out the ends of your cast. After a few minutes, the water on your skin will become warm from your body heat and start to evaporate. The water vapor will then pass slowly through the liner and out through your fiberglass cast.

#### **Can I get my fiberglass cast wet?**

Yes. If your doctor approves, you may bathe regularly, swim, and undergo hydrotherapy without covering your cast. If you swim or use hydrotherapy, be sure to thoroughly rinse inside your cast with clean water to remove chlorine, salt, dirt, or other substances.

#### **Can I wash my fiberglass cast?**

Yes. Washing or rinsing inside your fiberglass cast may reduce odor and irritation and improve the overall skin condition of the cast area. You may use a spray nozzle at a sink or a flexible shower head to rinse inside your cast with warm water. *Never insert any object into your cast for any purpose.* No special drying procedures are necessary after wetting.

#### **Can I use soap?**

Yes. You may flush the cast area with a mild solution of a hypo-allergenic glycerin-based soap, followed by a thorough rinsing with clean water. *Consult with your doctor as to which soap may be appropriate for you.*

#### **How do I dry the cast?**

No special drying procedures are necessary after wetting, but you may want to lightly towel off the excess water on the outside and ends of your cast. *Do not insert a towel or other objects inside the cast or use heat to dry it.*

PROCEL Cast Liner will allow your skin and cast to dry by evaporation.

Do not cover your cast while it is drying. You may experience a cooling sensation as water vapor passes out through the liner and cast.

*NOTE: To accelerate the drying process in a short leg cast, point the foot toward the ground to drain excess water from the heel pocket.*

#### **How long does it take for the cast to feel dry?**

This will vary. The time it takes to dry will depend on the type and size of the cast and climatic condition. However, many patients report that the cast feels relatively dry within one hour.

#### **Can the Cast Liner become damaged?**

Yes. Certain activities can damage your PROCEL Cast Liner and interfere with its performance, which may cause discomfort or irritation to your skin.

*NOTE: Some patients may experience cast-related complications, including: skin irritation, rash, redness, maceration, blisters, itching, odor, discomfort, or broken casts. If this occurs please contact your physician.*

### GENERAL CAST CARE DO'S & DON'TS

#### **DO**

- Follow your doctor's instructions
- Keep your cast clean
- Inspect the skin condition around the cast area
- File down any rough spots on the cast with an emery board

#### **DO NOT**

- Insert objects inside the cast
- Use oils, oil-based lotions, or powders near the cast
- Pull out or rearrange cast liner
- Place additional padding inside the cast
- Break off or trim cast edges
- Engage in vigorous activity involving the cast area
- Sunburn the cast area soon after the cast is off

### INSTRUCTIONS FOR USE PROCEL CAST LINER

#### **DESCRIPTION**

PROCEL Cast Liner is a waterproof, breathable quilted cast lining consisting of open cell polyurethane padding laminated between coated expanded polytetrafluoroethylene. When used in conjunction with fiberglass casting tape, this product forms a cast that can be immersed in water.

#### **INDICATIONS**

The PROCEL Cast Liner is designed for use in general orthopaedic applications where padding is required for rigid external immobilization. This includes: stabilization of fractures, sprains, strains; splinting or bracing; orthotic-prosthetic devices and serial casting.

#### **NOTICE**

Immediately following cast application with PROCEL Cast Liner, some patients' fingers or toes may temporarily turn blue. This is a reaction to heat generated by the casting tape and its proximity to the skin. Once the extremity adjusts to the new environment of the cast and the casting tape has cooled, the patient's fingers or toes should return to normal color (10 - 15 minutes). Elevating the extremity and moving the affected fingers or toes will expedite their return to normal color.

#### **PRECAUTIONS**

- If the patient is expected to wet PROCEL Cast Liner, use a rigid immobilizing material that does not degrade in water. This includes fiberglass casting tapes and nonabsorbent splints.
- Do not use PROCEL Cast Liner with standard padding or stockinette.
- PROCEL Cast Liner is not intended for use over open wounds. Abraded, broken, or otherwise compromised skin under the cast requires increased caution on the part of the patient and physician.
- Contaminants should not be introduced into the cast, including: oils, oil-based lotions, powders, sand, dirt, grease, non-prescribed soaps, or solvents.
- Patients should not insert foreign objects into the cast. Foreign objects can abrade the skin or compromise the lining, leading to skin problems.
- Some patients may experience standard cast problems, including: skin irritation, rashes, redness, maceration, itching, odor, blisters, discomfort or broken casts.
- Patients should be instructed not to engage in activities which could injure the immobilized area.
- PROCEL Cast Liner is less resistant to cut through than synthetic or cotton padding. Therefore, it is important to use a "light hand" with the cast saw. PROCEL Cast Liner cast removal tools are available to aid in cast removal.

#### **STERILIZATION (NOT STERILE)**

This product is not sterile. Sterilization of this product is not recommended.

#### **CONTACT YOUR DOCTOR IF**

- You have pain or swelling
- You feel a blister or sore developing inside the cast
- You notice an unusual odor coming from the cast
- You experience numbness or persistent tingling
- Your cast becomes badly soiled
- Your cast breaks, cracks, or develops soft spots
- Your cast becomes too loose
- You develop skin problems at the cast edges
- You develop a fever
- You have any questions regarding your treatment

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