



NEWTOWN HAND THERAPY

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## Waterproof Cast Liner Care

Your delta dry liner is designed to allow you to continue a more normal lifestyle while healing. If you have a fibreglass cast, this may include bathing, swimming and other activities 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 injury.

Some commonly asked questions....

### **How does Delta Dry liner work?**

The Delta Dry cast padding is made of water resistant material designed to allow water to pass through the material. Water will drain out the lower end of the cast for several minutes after becoming wet.

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

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

### **Can I wash my fibreglass cast**

Yes. Washing or rinsing inside your cast may reduce odour and irritation and improve the overall skin condition. You may use a spray nozzle at a sink or flexible shower head to rinse inside your cast. *Never insert any object into your cast.*

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

Yes, although it may dry your skin out. It may be better to use sorbolene, QV or any other non-soap cleansers, to moisturise the skin.

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

No special drying procedures are necessary after wetting, but you may lightly towel off the excess water on the outside and ends of your cast. Do NOT use a hairdryer to speed the drying process.

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

This varies but many patients report the cast is relatively dry within 30 minutes to an hour.

### **Can the cast liner become damaged?**

Yes. Certain activities can damage your liner and interfere with its performance, which may cause discomfort or irritation to your skin, Do not pull the liner out of the ends of the cast.

If you have any other questions about caring for your cast, please contact your hand therapist / physiotherapist.