



CONCORD ORTHOPAEDICS

CARE INSTRUCTIONS FOR THE GORE-TEX CAST LINER

RULE #1: KEEP THE CAST DRY.

With your physician's permission, you may get your cast wet. This allows you to bathe, shower, and/or swim without needing to cover your cast. After swimming, be sure to thoroughly rinse your cast with clean water to remove chlorine, salt, dirt, or other substances.

You may also wash your cast using a spray nozzle at the sink or a flexible shower head. Flush with warm water but use only a mild hypoallergenic soap such as Dove or Ivory. Be sure to thoroughly rinse your cast with clean water after washing. Do NOT use oils, oil-based lotions or powders near the cast.

No special drying procedures are necessary after wetting your cast, but you may want to lightly towel off the excess water on the outside and the ends of your cast. Do NOT insert a towel or other object inside the cast or use heat to dry it. To accelerate the drying process in a short leg cast, point the foot towards the ground to drain excess water from the heel pocket.

The 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 the cast. The time it takes for your cast to dry will depend on the type and size of the cast and climatic conditions. It should feel relatively dry within one hour.

RULE #2: DO NOT INSERT ANYTHING DOWN THE CAST TO SCRATCH.

You should never insert anything down the cast to scratch. If you do so, you risk cutting your skin beneath the cast, which could result in an infection.

RULE #3: ELEVATE.

Swelling around the broken bone can increase anywhere from one to three days after the fracture. This will make the cast feel tighter and make the pain worse.

Swelling is best reduced by elevating the cast above heart level. This generally requires you to be lying down, as a sling is not high enough if you are sitting, and a footstool is not high enough for a leg cast. Think of water running downhill from the fractured bone to the heart when trying to decide how to elevate it. Use up to five pillows for a leg cast and three pillows for an arm cast. Elevation should continue until the swelling and cast tightness goes away. Gently exercising the fingers or toes may also help reduce swelling.

RULE #4: ICE.

Ice is optional and may make the pain less. If you have a recent injury, place a bag of ice on the injured extremity for 20-30 minutes 3-4 times a day for the first 24-48 hours after the injury. Put a towel on the cast, and place the bag of ice over the towel.

RULE #5: WEAR THE CAST SHOE.

If you have a walking cast, you must always wear the cast shoe. Without it, the cast is very slippery to walk on. The bottom of the cast will break down easily if the shoe is not worn at all times, and may require an office visit for reapplication of the cast.

RULE #6: PROBLEMS OR QUESTIONS?

Your fingers or toes may become discolored. This is most often just spreading of the bruises that form around the broken bones.

There are several signs that may require emergent (immediate) medical attention. You should call Concord Orthopaedics (224-3368 or 800-660-2672) anytime day or night if you develop:

- Severe pain not relieved by the medication prescribed for you
- Persistent burning under the cast
- Numbness or tingling not relieved by 15-30 minutes of elevation
- Extreme tightness under the cast or excessive swelling below the cast
- Broken or damaged cast (please do not attempt to remove the cast!)

REMEMBER!!

If you have questions or are afraid you may have a problem, we want to hear from you! Do not hesitate to call the office. If the office is closed, your call will be answered by our answering service and an orthopaedist will return your call. *Please be sure to let them know that you have a Gore-Tex cast liner under your cast as instructions may differ from those for a regular cast.*

Concord Office	224-3368 or 800-660-2672
Derry Office	426-5222
New London Office	526-8010

Link: Gore Procel Cast Liner web site
<http://www.castliner.com/care.html>