



ORTHO SKIN™

General Cast Care Guide



GET IT WET?

- ▶ If approved by your doctor, you may bathe and shower normally. A mild bar soap may be used for cleansing, followed by a thorough rinsing with clean water. Daily cast rinsing is encouraged to optimize skin health, hygiene and comfort.
- ▶ Drying time will depend on the cast type, cast thickness, and atmospheric conditions. To ensure all pockets of water have drained, tilt or rotate the cast. No other special drying methods are required.

DO

- ▶ Keep the cast clean.
- ▶ Inspect the condition of the skin around the cast area.

DO NOT

- ▶ Do not insert objects into the cast
- ▶ Do not break or trim the edges
- ▶ Do not pull out or rearrange ORTHO SKIN Cast Liner nor place additional padding inside the cast
- ▶ Do not engage in activities that could injure or impede the healing process
- ▶ After the cast is removed, do not suntan or sunburn the newly exposed cast area
- ▶ Do not introduce contaminants into ORTHO SKIN Cast Liner or the cast, including but not limited to:
 - oil based lotions
 - powders
 - oils
 - grease
 - solvents
 - dirt
 - sand

DO NOT (CONTINUED)

- ▶ If contaminants enter the cast, rinse the cast thoroughly with clean water. If skin irritation occurs, contact the attending health care professional.

CONTACT YOUR DOCTOR IF

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

Remember, the cast is helping your body heal. Avoid engaging in physical activities that could injure or impede the healing process. Always follow the instructions of your doctor or the attending health care professional.

Additional Instructions:

The information provided in this brochure is a guideline only. It is not intended to supersede any directions provided by your doctor or other health care professional. Contact your doctor or attending health care professional should you have any questions about your cast or care.



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MADE IN THE USA

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