



CARE OF YOUR FIBREGLASS-GORTEX CAST

1. Keep the limb elevated when resting
2. Exercise fingers/toes and all joints that are not in the plaster.
3. Your cast is waterproof and you may get it wet. If this occurs, you must make sure the last rinse is fresh water. Must dry it completely, with a towel and then a hairdryer on cold. Failure to do so may cause skin problems.
4. Do not insert objects inside the cast. If skin becomes itchy, blow a hairdryer on COLD down in to the cast.
5. Contact the clinic if you have any of the following:
 - Swelling of the limb in the cast
 - Tingling, burning, of pins and needles under the cast
 - Loss of feeling or numbness
 - If the limb becomes cold or blue
 - Any increase in pain

Paula Kairaitis
BAppSc (Physio)
PGD (Ex&SpSc)
MAppSc(Manips)