

# Delta-Dry®

## General Cast Care Instructions

### Do

- Do follow your doctor's instructions
- Do keep cast as clean as possible
- Do file down rough edges with an emery board
- If sunbathing, limit the exposure of the casted area

### Do Not

- Do not insert objects inside the cast
- Do not use powders, oils, or oil-based lotions near the cast
- Do not pull out the cast padding or place additional padding inside the cast
- Do not break off or trim the cast's edges
- Do not engage in vigorous activity involving the cast area

### Contact your doctor should you experience any of the following:

- Pain, swelling, numbness or tingling
- Feel a blister or sore developing inside the cast
- You develop skin problems at the cast edges
- Notice an unusual odor coming from the cast
- The cast becomes excessively soiled
- The cast begins to break down
- The cast becomes too loose
- You develop a fever
- You have any questions regarding your cast

**Note:** Some patients will experience cast-related problems, including: skin irritations, rashes, redness, maceration, blisters, itching, odor, discomfort or broken casts. Please consult your physician should you experience these signs.

This sheet has been prepared as a guideline only. It is not intended to supersede any directions given to you by your physician or other health care provider.

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## Special Instructions for the Delta-Dry Cast Padding

The Delta-Dry® cast padding is made of a water resistant material designed to allow water to pass through the material. Using Delta-Dry with fiberglass cast tape will allow you to continue with daily activities of bathing, washing and swimming **should your doctor approve.**

Please remember that the cast is a part of the healing process prescribed by your doctor. Avoid activities that may interfere with the healing process and always follow your doctor's instructions.

### Key points for Delta-Dry cast padding:

- **Getting the Cast Wet.** The Delta-Dry padding is designed to allow you to get your cast wet should your doctor approve. Always keep a Plaster of Paris cast dry at all times.
- **Drying the Cast.** There are no special instructions in drying the cast. Water will drain out the lower end of the cast for several minutes after becoming wet. You may dry the exterior of the cast with a towel but do not attempt to dry the Delta-Dry padding within the cast. Do not cover the cast while it is drying as this will prevent the remaining water from evaporating from the cast.
- **Drying Time.** Drying time will vary depending on the environment's temperature, humidity and the size of the cast. The cast will usually drip dry for a few minutes and feel dry in about 90 minutes. Water can accumulate in the heel of a short leg cast or elbow of a long arm cast; make sure to let the foot or arm hang so that all water can drain from the cast.
- **Cleaning the Cast.** Your cast should be rinsed thoroughly after swimming, getting the cast dirty or periods of excessive perspiration. You may use a mild soap solution when flushing the cast but be sure to thoroughly rinse the cast with clean water.
- **Damaging the Cast Padding.** Delta-Dry cast padding can become damaged. This may prevent it from working properly. The padding is most commonly damaged by placing foreign objects inside the cast.

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## Washing Your Hands with Water-resistant Delta Dry® Cast Padding:

**Step 1:** Wet hands.

**Step 2:** Apply soap of your choice to hands.

**Step 3:** Rub hands together for a minimum of 20 seconds.

**Step 4:** Rub your palm under the cast with finger(s) from the hand opposite the arm with the cast.

**Step 5:** Rinse padding by running water down the interior of the cast starting at the proximal ("elbow") end of the cast.

**Step 6:** Rinse non-casted hand.

**Step 7:** Dry hands and cast with towel. Water will continue to drain freely and easily from Delta Dry® cast padding for the next few minutes. Cast should feel dry within 90 minutes.



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