

## **Showering Instructions for Casts/Splints**

We recommend the use of 1 or 2 garbage bags and duct tape. Scotch tape, rubber bands, etc. will not work so don't even attempt. Pull the bag over the cast at least 3-4 inches above the top. Wrap the duct tape around the bag, make sure the tape is tight, but not too tight.

If you are in a non-weight bearing cast/splint, we recommend having something to sit on in the shower like a lawn chair, etc. Check the stability of the chair while the shower floor is wet to avoid any accidents.

Baths and cast/splints usually don't mix. Most of the time the cast/splint ends up being dunked under water accidentally.

There are products that can be purchased to protect your cast/splint from getting wet. You can purchase these items from our softgoods store located in our department. We also have literature about items that can be purchased from outside sources.

### **There are many important reasons for keeping your cast/splint dry, here are a couple of them:**

- Fiberglass cast/splint will not lose their integrity when wet. Moisture, however is trapped against the skin, this can lead to skin maceration (skin softening). Which in turn can lead to infection,
- Plaster cast/splint will lose their integrity when wet. Once plaster loses their integrity, it offers little to no protection for your fracture. Moisture is trapped against the skin, this can lead to skin maceration (skin softening). Which in turn could lead to infection.

### **What to do if your cast/splint gets wet:**

- If your fiberglass cast/splint gets damp (not soaked), you can take a hair dryer, set on cool setting and blow through your cast. Then, blow down the top and bottom of your cast. This is usually effective because the fiberglass cast is porous.
- If your plaster or fiberglass cast/splint is soaked, make sure to call us as soon as possible so we can schedule a cast/splint - check/change. During business hours we can be reached at 707-566-5920. Business hours are Monday-Friday, 8:30 a.m. - 5:30 p.m. (closed for lunch from 12:30 p.m. - 1:30 p.m.). If after hours or on weekends, call the Emergency Department at 707-393-4800.