

# Delta-Dry®



## Patient Information



Clinician's address and contact details:

Clinician's comments:

Follow up review:  YES  NO

If yes, date: \_\_\_\_\_

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## Delta-Dry Cast Padding

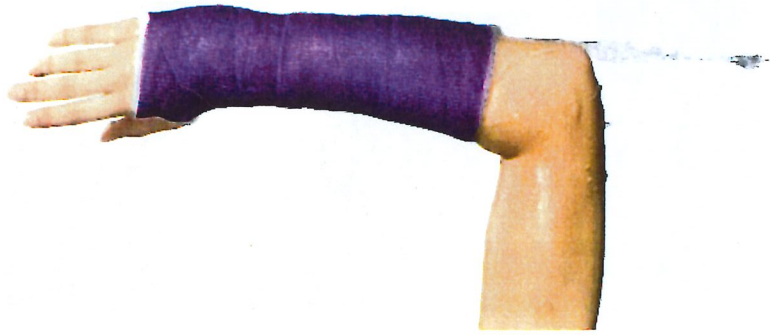
The Delta-Dry® cast padding is made of a water resistant material designed to allow water to pass through. Using Delta-Dry® with synthetic cast will allow you to continue with daily activities of bathing, washing and swimming **should your doctor approve.**

A plaster cast must be kept dry at all times.

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

### Important 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.
- **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 not allow the remaining water to evaporate 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 not allow it to work properly. The padding is most commonly damaged by placing foreign objects inside the cast.



## General Cast Care Instructions

- Follow your doctor's instructions
- Keep your cast as clean as possible
- Rough edges may be filed down with an emery board
- 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
- If sunbathing, limit the exposure of the casted 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 odour 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