




Ask for the cast you can get wet.  
**Sweat. Shower.  
Swim.™**

### HOW DO I GET AQUACAST?

Your orthopaedic doctor may stock AquaCast Liner and provide it to you through either insurance or a nominal out of pocket payment. You can also order an individual patient kit at [www.AquaCast.com](http://www.AquaCast.com) and bring to your appointment.

 **SBA WOSB** Women owned small business  
Water-Resistant Small Business

 **Products are made in the USA**

## General Cast Care Do's and Don'ts

### DO

- Follow your doctor's instructions.
- Continue your regular daily activities as your doctor allows.
- Rinse thoroughly with clean, forceful water to keep your cast clean.
- Inspect your skin condition in the cast area.
- File any rough casting tape spots with an emery board.
- Get your cast wet everyday (it will promote good skin health) if your doctor allows you to get the cast wet.

### DON'T

- Don't be afraid to get your cast wet.
- Insert anything into the cast.
- Use lotions, oils or powders near the cast.
- Pull or tear out the cast liner.
- Place any additional padding or materials on the cast (this will affect drying time)

### CONTACT YOUR PHYSICIAN IF:

- You experience pain or swelling.
- You feel a sore or blister develop inside the cast.
- You experience tingling or numbness.
- Your cast breaks, cracks or becomes loose.
- You develop soft spots in the cast.
- You develop a fever.
- You have any questions about your cast or treatment.

This brochure is not intended to supersede any instructions given to you by your physician, cast technician or other health care professional.

All AquaCast Liner products are made without natural latex.

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**AquaCast**<sup>®</sup>  
LINER 

[AquaCast.com](http://AquaCast.com) • 855-WET-CAST

# Ask for the cast you can get wet™

**WASH**  
your hands  
often.



**AquaCast**<sup>®</sup>  
LINER 

The most comfortable waterproof,  
breathable cast padding.



# AquaCast® Liner eliminates the worry of keeping your cast dry.

## WHAT IS AQUACAST WATERPROOF CAST LINER?

Traditional cast padding is made of cotton that absorbs water and perspiration which can result in itching and odor. **A cast with AquaCast Liner allows you to bathe and even swim while wearing a cast.** AquaCast Liner is an innovative cast padding that contains millions of tiny pores that do not absorb water, but allow water vapor to pass through.

## CAN I GET THE CAST WET?

**YES.** Unlike traditional liners, the AquaCast Liner will not absorb water: **Your AquaCast Liner is a breathable, yet liquid-proof lining.** It is designed with cushion to provide comfort and channels to enable water to drain from the cast for fast drying. Any residual water will evaporate through the lining much like water evaporating off a pool deck on a warm day. Enjoy the convenience of not having to protect your cast from water each and every time you need to bathe, wash hands or go swimming.

## CAN I WASH THE CAST?

**YES. You can wash both the inside and outside of your cast.** Washing can reduce odors and irritation and improve the overall skin condition of the affected area. Consult your physician as to which soaps may be most appropriate for you. Please use the recommended soap and thoroughly flush the cast with clean water after washing. **The materials in your AquaCast Liner will not be affected by soaps.**

## CAN I SWIM IN THE CAST?

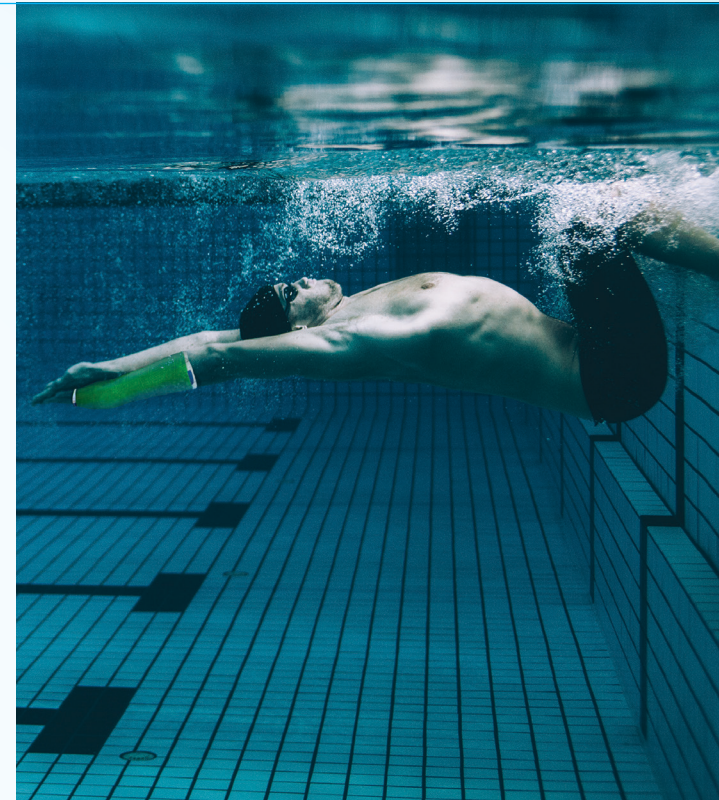
**YES. Swimming in your AquaCast Liner is not a problem.** When you get out of the water it is recommended that you rinse with clean, fresh water. After rinsing, allow most of the water to drain from the ends of the cast which will reduce drying time.

## CAN I EXERCISE IN THE CAST?

**YES. There are no issues with perspiring in an AquaCast Liner.** The material will not be affected by the salts or body oils in your perspiration. After sweating in your cast, it is recommended that you wash with your doctor-recommended soap and then flush thoroughly with clean water.

## HOW LONG WILL IT TAKE MY CAST TO DRY?

Many factors go into the amount of time it will take for your cast to dry, but **most patients report being dry in less than 90 minutes.** Factors that affect drying time include the air temperature and humidity as well as your body temperature and activity level. You can reduce the drying time by draining any liquid from your cast after you are out of the water by tilting it to allow water to run out. Your doctor may have suggestions for how to do this.



## How It Works:

Moisture vapor escapes through the fiberglass.

Water drains freely through the channels.

Perspiration and residual water is heated by the body and forms vapor.

Vapor passes easily through waterproof AquaCast® Liner.

Padding is provided by cushioning pillows.

