Gore-Tex Cast Liner *  
The freedom to get your cast wet

How does the cast liner work?  
Gore-Tex Cast Liner contains billions of tiny pores that stop the passage of liquid water, but allow water vapor to pass through. Water does not wet the liner, only your skin. Most of the water will drain quickly out of the ends of your cast. After a few minutes, the water on your skin will become warm from your body heat and start to evaporate.

Bathing:  
Washing & rinsing inside your fiberglass cast may reduce odor and irritation and improve the overall skin condition of the cast area. You may use a spray nozzle to rinse your cast with warm water. No special drying procedures are necessary after wetting. You may want to towel off the excess water on the outside and ends of the cast. Do not use heat to dry the cast. After swimming always rinse the cast in tap water to remove chorine.

How long does it take for the cast to feel dry?  
This will vary. The time it takes to dry will depend on the type and size of the cast as well as climate condition. Most patients report that the cast feels relatively dry within one hour.

Important information:  
Do NOT:  
- insert objects inside the cast
- use oils powders or lotion in cast
- break off or trim cast
- pull out or rearrange the cast liner (the blue strips and white liner need to be visible at both ends of the cast)

Contact our office if:  
You have pain or swelling  
You feel a blister or sore inside the cast  
You experience numbness or tingling  
Your cast becomes too loose  
The cast breaks, cracks or has soft spots  
You develop a fever or have any questions