



Ask for the cast that lets you
**Sweat. Shower.
Swim.™**

HOW DO I GET AQUACAST?

Chances are that your orthopaedic doctor may stock AquaCast and provide to you through either insurance or a nominal out of pocket payment. You can also place an order directly through AquaCast at www.AquaCast.com and bring in for your appointment.

GENERAL CAST CARE DO'S AND DON'TS

DO

- Follow up doctor's instructions.
- Continue your regular daily activities as your Dr. allows. Don't be afraid to get your cast wet.
- Rinse thoroughly to keep your cast clean.
- Inspect your skin condition in the cast area.
- File any rough casting tape spots with an emery board.

DON'T

- Insert anything into the cast.
- Use lotions, oils or powders near the cast.
- Pull or tear out the cast liner.

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.

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[®]
LINER 

AquaCast.com • 855.WET.CAST

BROKEN BONE?



AquaCast[®]
LINER 

The most comfortable waterproof,
breathable cast padding.

AquaCast® Liner eliminates the worries of keeping your cast dry.

CAN I GET THE CAST WET?

Yes. Unlike traditional cotton liners, the AquaCast Liner will not absorb water. **Your AquaCast Liner is a breathable, yet liquid-proof lining.** It is designed with pillows to provide comfort and channels to enable water to run out of the cast for faster drying time. Any remaining 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 put a bag on every single time.

CAN I WASH THE CAST?

Yes. Washing inside your cast can reduce odors and irritation and improve the overall skin condition of the affected area. Please use a mild hypo-allergenic soap and thoroughly rinse the area. **The materials in your AquaCast Liner will not be affected by most soaps or detergents.** Consult your physician as to which soaps may be most appropriate for you.

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 and remove as much of the liquid as possible to reduce drying times.

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 extensive sweating in your cast, it is recommended that you wash with a mild hypo-allergenic soap and then rinse thoroughly.

HOW LONG WILL IT TAKE MY CAST TO DRY?

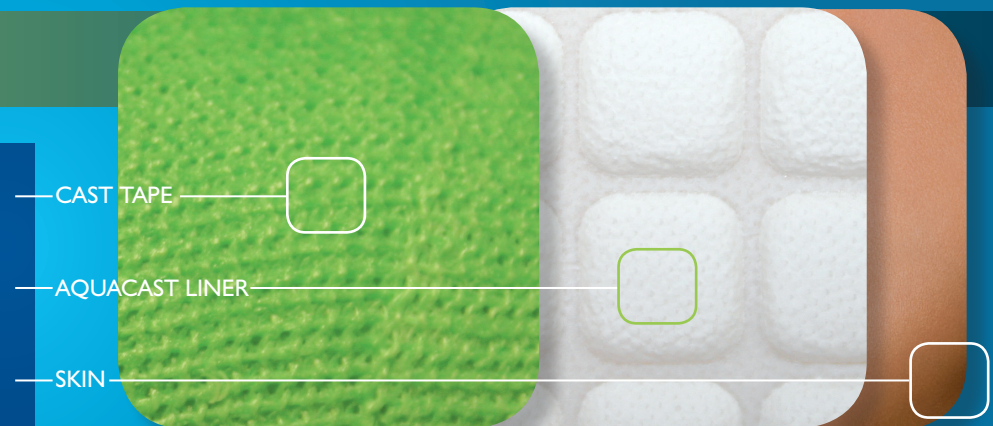
Many factors go into the amount of time it will take for your cast to dry, but **in most cases, it should be sufficiently dry in less than 90 minutes.** Factors that affect drying time include the air temperature and

humidity levels as well as your body temperature and activity level. You can reduce the drying time by draining the liquid water from your cast after you are out of the water by tilting it to allow water to run out. Additionally, your doctor may have suggestions for how to do this.



How Does it Work?

Your AquaCast Liner contains billions of tiny pores which are much larger than moisture vapor molecules but much smaller than liquid water droplets. The Liner remains dry and your skin gets wet. Most of the water will drain quickly out of the ends of your cast. Your body temperature heats up the remaining water causing it to pass through the liner and the casting tape.



AquaCast Liner is made in the USA