



Sweat. Shower. Swim™

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INSTRUCTIONS FOR USE

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AquaCast® Waterproof Cast Liner

Description:

AquaCast Liner is a waterproof, breathable cast liner containing billions of tiny pores that are much larger than moisture vapor molecules but much smaller than liquid water droplets. When used underneath a fiberglass cast, the patient is able to immerse the cast in water without concern. When exposed to liquids, the liner remains dry while the patients' skin gets wet. Most of the water will drain quickly out of the cast openings. The patients' body heat will warm the remaining water into vapor, causing it to pass through the liner and the casting tape.

Indications:

AquaCast Liners are designed for orthopaedic use during cast application, including casting for fractures, sprains, strains, splinting or bracing, orthotic/prosthetic and serial casting.

Notice:

After application, the toes or fingers may temporarily appear blue or discolored. This is normal as the extremity adjusts to the casting tape and the cast. The extremity will typically acclimate within 10-15 minutes and the toes and fingers should return to their normal color.

Precautions:

- If the patient is expected to wet the AquaCast Liner, use a rigid immobilizing material that does not break down in water such as fiberglass casting tapes and nonabsorbent splints.
- Do not use standard padding, stockinettes, or other cotton materials with AquaCast Liners.
- AquaCast Liner is not to be used on open wounds or sores. These conditions require increased caution on the part of the physician, cast technician and patient.
- Please do not put oils, lotions, powders, sand, dirt, grease, non-prescribed soaps or solvents into the cast. These contaminants need to be washed out immediately and as thoroughly as possible.
- Patients will experience normal itching and discomfort in any cast. They should not insert foreign objects into the cast – this can lead to skin problems. Some patients may experience skin irritation, rashes, maceration, odor, blister and general discomfort.

- Patients should not engage in activities that could lead to damage of the casted area.
- AquaCast® Liners are not made of cotton so extra care should be taken while removing the cast. SawStop® DE-FLEX™ Cast Removal Aid material or a Saw Stop® Zip Stick should always be used during cast removal in order to minimize risk of injury.
- AquaCast Liners are not sterile and should not be sterilized.
- Do not use on a patient with a known allergy to GORE-TEX, PTFE, Teflon, or Polytetrafluoroethylene.

Application of AquaCast Liners

1. Wrap the AquaCast Liner around the extremity using a spiral motion. Start at the distal end of the extremity initially, and wrap proximally. Overlap each circumferential layer by 50%. Be sure that the adhesive side of the liner is facing away from the patient's skin. Do not wrap the liner too tight.
2. Additional wrap layers are acceptable but will increase drying time. Wrinkles are expected. Do not attempt to remove wrinkles unless it will create an abrasion issue with the skin. Extend the liner ½" beyond the expected edge of the casting tape if no cuff is desired. Extend it 1" for a cuff.
3. Strips of folded AquaCast liner can be used around the thumb and hand webbing for additional padding if deemed necessary. Additional cast liner can also be placed over bony prominences of the elbow or ankle. If additional layers of cast liner are used, the adhesive side should be matched to adhesive side for ease of application.
4. Cuffing: After leaving 1" of extra cast liner for a cuff, make two cuts each 1" (2 pillows) long on opposite sides of the extremity and fold these over. Secure with casting tape, leaving ½" of cast liner exposed. If cuffing is not desired, place a folded over piece of liner at each end of the cast to serve in place of the cuff. The fold should be ¾" (1.5 pillows).

Application of AquaCast® Form Fit Liner

1. AquaCast Form Fit liners are suitable for either the right or left arm. Place thumb through hole, with adhesive tabs away from skin. Use scissors to further trim the thumb hole as necessary.
2. Start fitting by removing paper from adhesive backing on the middle tab.

3. Wrap the liner around wrist snugly and adhere to tab. The AquaCast® Form Fit Liner will now stay in place.
4. Remove paper from adhesive backing on proximal tab, snug the liner around forearm and secure in place. If desired, cuts can be made between the adhesive tabs to improve fit.
5. Next, remove the paper from adhesive backing on distal tab, snug the liner around hand and secure in place.
6. Excess material can be removed by cutting along the edge of the tabs.
7. Use additional AquaCast Liner roll material over bony prominences if needed.
8. To form cuffs, fold the liner back on itself at cast ends, and secure with fiberglass tape.

Patient Instructions:

Please provide patient with the AquaCast Liner Cast Care brochure.

- Patients may use a mild soap followed by a thorough flushing of the inside of the cast with a forceful stream of clean water.
- Patients should not insert foreign objects into their casts or allow contaminants such as oils, lotions, powders, sand, dirt, grease, soaps or solvents to enter the cast. If these contaminants do enter the cast, they need to be washed out immediately and thoroughly. The patient should consult their doctor if irritation occurs.
- Drying times will vary based on the cast type and other climatic conditions but the cast should be sufficiently dry in about an hour. No special drying procedures are necessary after wetting the cast. Factors that affect drying time include air temperature, humidity levels, as well as body temperature and activity level. Patients can reduce the drying time by draining the liquid water from their cast after they are out of the water. Drying with a hair dryer on the cool setting is acceptable, but not required.
- Patients should be given basic cast care instructions from their physician and/or cast technician. The patients should contact the physician if they are experiencing pain, swelling, an unusual odor coming from the cast, numbness or tingling, developing a blister or if the cast develops a soft spot or cracks. Also, consult a physician if you have a fever, skin irritation or if you have any questions or concerns.