



The official fundraising arm of the
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal
Alexandra website; use the QR code below or follow the link:

theroyalalex.co.uk/clinical-services/aandel/



Useful numbers:

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in center/GP service)

0333 321 0946

8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way
intended to replace professional clinical advice by a qualified practitioner.

Authors: Darren Baldwin.

Reference no. 946 - Publish Date: October 2018 - Review Date: October 2020

Brighton and Sussex 
University Hospitals
NHS Trust

the
alex

Children's Emergency Department



Waterproof cast covers

Information for parents, carers & relatives

Why do I have to protect my cast?

Traditional Plaster of Paris Cast: When this material gets wet it will become soft and crumble. Your fracture or break will become unstable and vulnerable to movement.

Fibreglass Cast: With this type of cast, water can get underneath the cast and become trapped between the skin and cast material. This will lead to skin irritations and infection.

Our advice is: **DO NOT GET YOUR CAST WET.**

How do I protect my cast?

Waterproof plaster cast protectors are cheap and you can easily buy them in store or online.

Instore stockists:

- Boots
- Lloyd's Pharmacy

Online:

- Bloccs: www.bloccs.com
- Limbo: www.limboproducts.co.uk
- Seal Tight: www.seal-tight.co.uk
- Buddy Cover: www.buddycover.com

BSUH Hospital Trust does not endorse any of these products and this leaflet is intended as a guide only. It is your responsibility as a parent to make sure the cast stays dry and cast protectors are fitted as per the manufacturer's guidelines to avoid the cast getting wet.

