



HUNTERDON  
ORTHOPEDIC  
INSTITUTE<sup>P.A.</sup>  
*LIVE LIFE BETTER*

[www.hunterdonortho.com](http://www.hunterdonortho.com)

## Cast Care

### Three Rules for Casts:

- 1) Do not get it wet
- 2) Do not stick anything down the cast
- 3) No impact activity while wearing a cast

If you get itchy under the cast, place an ice bag on top of the cast. You will feel the coolness through the cast. Or, you can use a hair dryer on the COOL setting to blow air into the cast from one of the open ends.

If you wish to purchase a waterproof cast bag, or **Xerosox**, they are available for purchase at the Clinton and Reading Ridge pharmacies. Contact information is provided below for your convenience. The Xerosox was designed by a surgeon to provide total waterproof protection. It comes in a variety of sizes and creates a vacuum seal to allow you to shower or swim with confidence. For an accurate fit, it is highly recommended that the patient go to the pharmacy at the time of the purchase.

**Clinton Pharmacy** (located 9.5 miles **north** of our Sandhill office)

30 Main Street

Clinton, NJ

908-735-5316

**Reading Ridge Pharmacy** (located 3.5 miles **south** of our Sandhill office)

8 Reading Road

Suite 206

Flemington, NJ

908-782-7576