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## APPLICATION GUIDE

ORTHO SKIN will not tear and should be cut with scissors or similar instruments when applying the cast padding.

1. Ensure that the adhesive side of ORTHO SKIN is away from the patient's skin. To apply, wrap in spiral motions overlapping by at least 50%. Additional layers will provide further padding and assist in cast removal, but may increase the drying time. Leave at least 1" (2.5 cm) beyond the area to be cast for cuffing. Do not be concerned with slight puckering of ORTHO SKIN. Do not wrap ORTHO SKIN too tightly.
2. Apply extra ORTHO SKIN over bony prominences for additional padding.
3. Cuffs should be prepared before applying the fiberglass tape. Use scissors to create two 1" (2.5 cm) slits on opposite sides (180° degrees apart) at the proximal and distal ends of the cast. To form the cuff, roll ORTHO SKIN upon itself. The cuff edge should be secured when rolling the fiberglass tape.
4. For fiberglass walking casts, additional layers of fiberglass tape should be applied to the foot and heel.



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MADE IN THE USA

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## INSTRUCTIONS FOR USE FOR:

# ORTHO SKIN™ Waterproof Cast Liner



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## **INSTRUCTIONS FOR USE FOR: ORTHO SKIN™ Waterproof Cast Liner**

### **DESCRIPTION**

ORTHO SKIN is a breathable, waterproof, washable cast padding consisting of polyurethane padding laminated between two layers of expanded polytetrafluoroethylene (ePTFE) membranes. When ORTHO SKIN is used with a fiberglass casting tape, it forms a cast that can be washed or immersed in water.

### **INDICATIONS**

ORTHO SKIN is intended for use in external orthopedic fixation devices that require padding. These include hard casts, soft casts, serial casting, fracture stabilization devices, strains, sprains, splinting, bracing, and orthotic-prosthetic devices.

### **NOTICE**

Immediately after a cast is formed using ORTHO SKIN or any other laminated cast padding, the skin on some patients' toes or fingers may temporarily (10 – 15 minutes) develop a bluish hue. This is due to the heat generated by the exothermic casting tape and close proximity to the skin. After the casting tape has cooled and the patient's extremity adjusts to the cast (10 – 15 minutes), normal color should return to the patients' toes or fingers. To accelerate the return to normal color, the extremity should be elevated and the patient should move the affected toes or fingers.

### **PATIENT CARE AND INSTRUCTIONS**

If approved by the attending health care professional, patient may bathe and shower normally. A mild bar soap may be used for cleansing, followed by a thorough rinsing with clean water. Daily rinsing of the cast should be encouraged to optimize skin health, hygiene and comfort.

After wetting, drying time will depend on the cast type, cast thickness, and atmospheric conditions. Patient should tilt or rotate the cast to ensure all pockets of water have drained. No other special drying methods are required.

Do not introduce contaminants into ORTHO SKIN or the cast, including but not limited to: oil based lotions, powders, oils, grease, solvents, dirt, and sand. If contaminants enter the cast, the patient should thoroughly rinse the cast with clean water. If skin irritation occurs, the patient should contact the attending health care professional.

Do not insert foreign objects into the cast as the foreign object could abrade the skin, or tear or disturb ORTHO SKIN or the cast itself.

Patient should be given general instruction on cast care and when to contact the attending health care professional. Reasons may include but are not limited to: pain, swelling, fever, numbness, persistent tingling, developing sores or blisters inside the cast, skin problems at the cast edges, unusual odors coming from the cast, soilage of

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cast, cast breakage or cracking, cast developing soft spots, and the cast becoming too loose.

Patients should not engage in activities that could injure or impede the healing process.

### **PRECAUTIONS**

If water contact with the cast is expected, use a rigid immobilization material (fiberglass casting tapes, nonabsorbent splints, etc) that does not break down in water. Do not use standard cast padding or stockinette with ORTHO SKIN.

ORTHO SKIN is not intended to be used over open wounds. When casting over open wounds, compromised skin, or other wounds, increased caution is required on the part of the health care professional and the patient.

Do not introduce contaminants into ORTHO SKIN or the cast, including but not limited to: oil based lotions, powders, oils, grease, solvents, dirt, and sand.

Do not insert foreign objects into the cast as the foreign object could abrade the skin, or tear or disturb ORTHO SKIN or the cast itself.

ORTHO SKIN, or any other laminated cast padding, has less resistance to cutting than synthetic or cotton cast padding. Therefore, the health care professional should use minimal force when using the cast saw. ORTHO SKIN cast removal tools are available to aid in cast removal.

Patients should not engage in activities that could injure or impede the healing process.

### **WARNINGS**

Standard cast problems may be experienced by some patients. These include but are not limited to: skin irritation, itching, maceration, odor, discomfort, blisters, redness, rashes, and broken casts.

### **STERILIZATION (NON-STERILE)**

ORTHO SKIN is supplied non-sterile. Sterilization of this product is not recommended.