

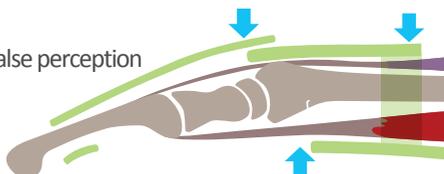
# Your healing experience with Zero-Cast Wx

## 1. Heavy & bulky casts are not needed

The rigid and heavy nature of a plaster cast can give a false perception of safety and security. Wearing a plaster exoskeleton will usually cause joint stiffness.

Bulky and heavy casts are not required for fracture healing to occur. Adequate fracture healing requires stabilization of the fracture-fragment. **Zero-Cast Wx** has been carefully designed to hold the fracture securely and provide sufficient stability for fracture-healing to occur optimally.

The strong (very-lightweight), modern-construction of **Zero-Cast Wx** aids in comfort, rehabilitation and early return to normal activity while holding the fracture fragment firmly in place.



## 2. Watching the healing happen before your eyes



When a plaster cast is used, it encases the swelling and bruising throughout the healing process. This means that nothing can be seen beneath a fitted plaster-cast. The **Zero-Cast Wx** is revolutionary because it provides a window for the patient and clinician to view the fracture healing process at work. Giving constant visibility, provides better understanding and management throughout the period of fracture healing.

Patients will routinely see swelling and bruising occur following a distal radius fracture. This is to be expected because changes to skin-color and limb swelling are a normal part of the healing process. The amount of swelling and/or bruising cannot be predicted and will depend upon the severity of the injury and the patient's own physiology.

## 3. Stability and wrist-motion (movement keeps joints healthy)

While treatment with a plaster or fibre cast can provide stability to a fractured wrist, it routinely creates stiffness at the wrist-joint and loss of forearm muscle tone.

We know that limited movement will keep the wrist-joint healthy. Isolating the fracture AND simultaneously allowing some micro-movement at the wrist will aid in faster and stronger healing for most patients.

Zero-Cast Wx holds a typical fracture firmly in place **AND** allows for limited movement, thus preventing stiffness to the wrist and finger joints.



Additional information can be located at the Zero-Cast website: [www.zero-cast.com](http://www.zero-cast.com)



**Zero-Cast**  
Dynamic Adjustable Wrist Orthosis



# Caring for your Zero-Cast Wx

## Initial application

Your Zero-Cast may feel tight (due to swelling following injury). Please keep your hand & arm raised above your heart. Exercising your fingers can also assist.

If experiencing pain, paracetamol may help to relieve this. Ask your doctor or pharmacist for pain medication advice.

If you have concerns that the Zero-Cast orthosis is not fitted properly, please contact the clinic where it was applied.

## Discomfort

If the Zero-Cast Wx rubs or pinches your skin & causes discomfort or injury, contact the clinic where it was applied.

It is **very important** that you **Do Not** remove & **Do Not** try to adjust the device yourself.

## Swelling

Swelling is usually worst during the first few days following-injury. This may cause pressure against your orthosis, making it feel tight. To help reduce any swelling, keep your hand raised as much as possible. This also helps to reduce pain.

## Mild itchiness

Some patients may experience itchy skin. Please **Do Not** poke objects inside your Zero-Cast as this risks injuring your skin and/or damaging the device. Try gently tapping the orthosis above the itchy-area or blow cool-air from a hair dryer. If your skin becomes very-itchy, contact the clinic where it was applied

## Activity

This orthosis is designed to encourage movement of your unrestricted joints - especially your fingers & hand. However, if this activity causes pain, avoid such activity unless encouraged by your clinician to continue. NB. If in doubt, always discuss with your healthcare provider.

## Bathing, swimming & showering

We recommend keeping your Zero-Cast clean. The device is waterproof and you may shower or swim with it.

Use of mild soap & detergent is okay on the Zero-Cast. Always rinse & carefully dry after water-contact to avoid itchiness. Use a dry towel and cool/warm air to dry the splint (hair-dryer). Do Not use heat or hot-setting of a hair-dryer.

## Cleaning

You can clean your Zero-Cast Wx with disposable clean-wipes. Avoid chemical cleaners.

## Zero-Cast Wx fitting & adjustment

The orthosis may become loose as your fracture heals and swelling reduces. If your forearm-strap is too tight, try un-clipping & over-stretching. Repeat until the strap fits comfortably. If your device remains too uncomfortable, contact the clinic where applied. They can quickly adjust the fit.

## Contact your healthcare provider

If you note the following signs or symptoms, contact your healthcare provider immediately:

- Worsening pain, despite taking pain medication
- Numbness, tingling, discoloration, or loss of movement in fingers/hand
- Burning and/or stinging pain
- Excessive swelling
- Blister or wound-soreness
- Fever
- Ooze from a wound inside orthosis
- Unusual or offensive odour
- Zero-Cast Wx breakage or failure

## Removal

**Patients Should Not** try to remove or adjust their Zero-Cast Wx. Only a trained healthcare professional with Zero-Cast training & the correct equipment can adjust or remove the device.

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