

# Total Contact Cast

## You and your Total Contact Cast

A Total Contact Cast (TCC) is a non-removable cast designed to relieve pressure from your foot by distributing it up your leg. It is considered the gold standard treatment for protecting your foot and promoting faster healing.



## HOW CAN I GET THE BEST RESULTS FROM MY TCC?



- Rest your leg as much as possible
- Check your cast daily for any damage
- Check the skin on both legs daily for any signs of rubbing
- Never try to remove the cast yourself



- Do **NOT** put talcum powder or objects down the cast



- Keep the cast dry; use a limb protector in the shower



- Exercise uncasted joints and follow your clinician's advice on safe movements

## Total Contact Cast



### Contact your clinician immediately for advice if:

- The cast causes rubbing or bleeding on your foot or leg
- You feel unwell with flu-like symptoms, which could indicate a body-wide infection
- You experience pain or discomfort in your foot or leg
- The cast has become loose, tight, wet, soft, cracked or starts to smell badly
- Your blood glucose levels suddenly rise
- You experience calf pain
- You have chest pain or shortness of breath

### Date cast was applied

### Wound size

### Working with your clinician

It can be helpful to use the space below to keep track of your progress by taking notes or photos and jot down any thoughts to discuss with your clinician at your next appointment.

Do you have any concerns about your treatment or questions for your next visit?

### In an emergency – Attend A&E and show them this

The cast I am wearing is a total contact cast: this is a specialist cast with minimal padding. I have been advised to attend A&E if I suspect a complication related to my cast, such as an infection or a new rub. The cast needs to be removed, but because of the minimal padding, it needs to be cut along both sides of my foot and leg (as marked, see picture) to avoid trauma.

**Please DO NOT replace the cast.** I will contact my clinician, who will assess my foot and replace the cast.

### Clinician's contact number