

HOW LONG WILL I NEED TO WEAR THE CAST?

For treatment of ulcers, casting can continue until the ulcer is healed. However, the podiatrist may change the treatment plan if the ulcer is not improving or other problems such as infection develop.

For Charcot foot, casting is continued until the patient's fractures heal, the foot is stable and it no longer needs a cast for protection. The time frame may vary from 6-18 months.

Treatment with a TCC can have a significant impact on a person's independence, work life and ability to drive. Your podiatrist will discuss this with you. Please keep your podiatrist informed about any concerns that you have during the treatment. If required, your podiatrist can refer you to other services for support.

MONITORING YOUR TCC

You will need to keep the cast dry, clean and intact between appointments.

Your podiatrist will ask you to monitor your leg and foot between appointments for signs of any problems.

Monitor for:

- Any areas of rubbing and irritation of the cast.
- Increase in pain, swelling and redness.
- Discharge or odor from ulcers.

If there are any changes in the above or if any other problems develop, please contact podiatry or attend ED outside of podiatry business hours.

**For further information
Or to enquire about an
appointment contact:**

ACCESS AND INFORMATION
Warrnambool Community Health
Koroit Street
WARRNAMBOOL, 3280
Ph. (03) 5563 4000

Total Contact Cast (TCC)



WHAT IS A TOTAL CONTACT CAST?

A total contact cast (TCC) is a plaster or fiberglass cast that is applied to your leg.

It can be used to heal **diabetic foot ulcers** and to protect the foot during the acute stages of **Charcot foot** (a condition involving fractures and dislocations of bones in the foot)

A TCC can be used to heal diabetic foot wounds by distributing weight across the whole sole of the foot. This reduces pressure on the ulcer and helps it to heal.

A TCC can also be used to treat a Charcot foot by limiting weight bearing and stabilizing fractures. This allows the fractures to heal and prevents further fracture and deformity in the foot.

ASSESSMENT PRIOR TO TCC

Prior to a TCC being applied you will be assessed to determine if it is a suitable treatment option for you.

Your podiatrist will check your blood supply, skin condition, assess for signs of infection and your ability to safely use crutches or a walking aid.

You must also commit to attending scheduled appointments for cast review and if required, removal and reapplication.

A TCC may not be an appropriate for everyone. If so, your podiatrist will discuss other available treatment options such as a removable walking boot.

HOW IS THE TCC APPLIED?

A total contact cast must be applied by a podiatrist or a medical professional who is experienced in applying, reviewing and monitoring a TCC.

- Protective felt padding is applied to bony areas at the ankle and shin.
- A thin layer of stockinet and cast padding is applied to the leg and foot.
- Wet plaster or fiberglass is then wrapped around the leg and foot.
- The plaster or fiberglass is then molded carefully to the sole of the foot.

The cast must be reviewed and changed at short intervals of 1-2 weeks. The reason for this caution is that the diabetic foot is at risk of developing areas of irritation and pressure under the cast.