

Instructions for Patients Wearing a Total Contact Cast (TCC)

A Total Contact Cast (TCC) helps to heal the foot ulcer by providing a safe healing environment and by relieving pressure at the ulcer site. You can assist the healing process by following a few simple guidelines:

- **DO NOT put weight on your newly casted leg for 48 hours**, which is the appropriate time needed for the plaster to dry. Walking on the cast too early will cause the cast to deform and could create another pressure ulcer on your foot. Use your crutches!
- DO NOT use anything to scratch under the cast, as this may cause a sore.
- DO NOT allow any small objects to fall down inside the cast, as this will irritate your skin.
- DO NOT attempt to loosen or shorten your cast in any way, as this will hinder the effectiveness of the cast in promoting ulcer healing.
- DO wear a shoe on the opposite foot that matches the heel height of the casted leg.
- **KEEP YOUR CAST DRY!** Whenever you shower, wrap your casted leg with a towel, cover it with a plastic sack and fasten it securely beyond the upper edge of the cast.
- If a tub bath is taken, your cast should not come in contact with the water. Do not attempt to clean your cast with any wet substance.
- If you need to walk in the rain or snow, protect the cast with a plastic covering and use your crutches to keep your cast dry.
- If your cast should accidentally become damp, it should be dried thoroughly with a blow dryer set on a cool setting. Failure to dry the cast completely may result in sores under your cast.

Notify your doctor or the clinic nurse if you have any problems with your cast, especially if:

- Your cast feels too tight or too loose, becomes broken or cracked, or if you feel painful pressure areas or rubbing beneath the cast.
- There is marked swelling, tingling, pain or numbness in the toes, which is not relieved by elevation.
- There is excessive odor present from your cast. (Perspiration odor from the cast is normal).
- Your oral temperature rises to above 38.5°C (101.3°F).
- **Always** call the clinic first when you have a cast problem.