What is Total Contact Cast?
A Total Contact Cast is a cast used to help promote healing by minimizing pressure and friction at the wound site, typically for diabetic foot wounds.

How often is the cast changed?
The first cast change will take place 2-3 days after the first cast is applied. Afterwards, the cast will generally be changed about once a week or as determined by your doctor.

How will this change my lifestyle?
The TCC will enable you to maintain a relatively active lifestyle by allowing you to walk while being treated for your foot wound.

Diabetic shoes are good for prevention but not for off-loading
Orthopedic shoes alone may not be the best option to off-load pressure from an existing wound. However, they are very important to help prevent foot ulcers.

Discuss Total Contact Casting with your clinician.
The application and removal of TCC should be supervised by a physician or a licensed health care provider.

You should not use TCC if the vascular status is not adequate for healing, the wound is infected, or the wound involves deeper structures (tendon, joint, or exposed bone). Infection must be ruled out before being treated with TCC. Inappropriate use or removal of the total contact cast could result in serious injury.

You should contact your doctor immediately if any of the following occur while wearing a total contact cast:
• If the cast is “loose” or “rubbing” or “pistoning”
• If the cast is causing pain
• If the patient develops fever, chills, nausea, or vomiting
• If the cast gets wet

To find out more on Total Contact Casting and watch Stephen’s story please go to www.TCCPatient.com

References:
85% of lower extremity amputations (LEAs) in diabetic patients are preceded by a foot ulcer.

How Serious is a Diabetic Foot Ulcer?
Unfortunately, if left untreated, diabetic foot wounds can become serious, placing you at risk for amputation and other life-threatening conditions. Fortunately, proper treatment along with early aggressive and effective management of the wound is the safest route to preventing complications BEFORE they occur!

Many patients who go to their doctors DO NOT COMPLAIN about foot pain
This is very common in patients with diabetes. One of the challenges with diabetic foot ulcers is the absence of pain, what is often called the loss of protective sensation or neuropathy. Because of the nerve damage caused by diabetes, patients are often not aware of the problems early on. Repetitive stress from walking continues to damage the tissue, because they simply do not feel it. By the time patients with diabetes know there is a problem, it’s often very severe and requires specialized treatment.

Experts recognize Total Contact Casting as the Gold Standard in off-loading when ever clinically indicated
Reducing pressure on the wound by off-loading weight has proven to be very effective in diabetic foot ulcer treatment. Off-loading means reducing pressure or weight bearing on the foot ulcer. Many studies have shown that almost 90% of wounds heal in 5 to 6 weeks with Total Contact Casting (TCC), with healing rates and times varied.

Who is it for?
Typically it is used for patients being treated for diabetic foot ulcers, Charcot neuroarthropathy, and post-operative surgical site protection.

How does it help?
A TCC is in “total contact” with the foot and lower leg to redistribute weight away from the wound. It allows for healing even while walking.

Total Contact Cast (TCC)
The “total contact cast” is a casting technique that is used to heal diabetic foot ulcers and to protect the foot during Charcot fracture dislocations. The cast is used to off-load weight from the wound by catching some weight in the funnel of the lower calf and distributing the rest along the entire sole of the foot. It also helps in eliminating sheer and friction. It is applied in such a way to intimately contact the exact contour of the lower leg and foot; hence, the designation “total contact cast”. Most experts agree total contact casting is the gold standard in off-loading.

“Total contact casting, and more specifically TCC-EZ®, is one of the best weapons I have in my arsenal when I’m fighting diabetic foot ulcers!”
Lee C. Rogers, DPM
Medical Director
Amputation Prevention Center
Sherman Oaks Hospital

“Being told that I could lose my foot was a wake-up call...learning that there was a solution, like TCC-EZ®, allowed me to continue to do the things that were important to me, and that made all the difference.”
Stephen Furst
Actor/Producer/Director