

# TOTAL CONTACT CAST

DIABETES INFORMATION  
AND ADVICE LEAFLET



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**TOTAL CONTACT CASTS (TCC)** are the best treatment for some types of diabetic foot ulceration and active Charcot Foot.

TCCs are similar to the below-knee cast you would get for a broken bone and made from layers of fibreglass.

TCCs remove pressure from your foot and redistribute it up your leg.

TCC will help to heal your ulcer in the shortest possible time.

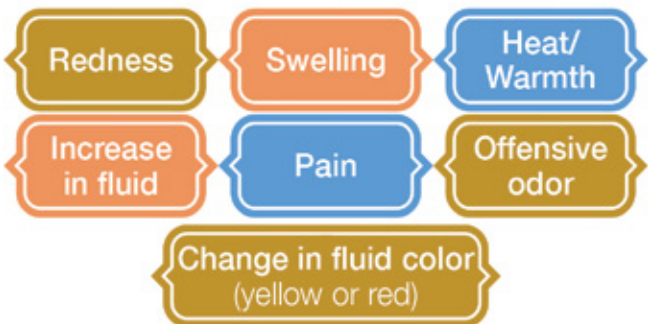
TCC will help to heal your active Charcot in the shortest possible time and prevents foot deformity from worsening.



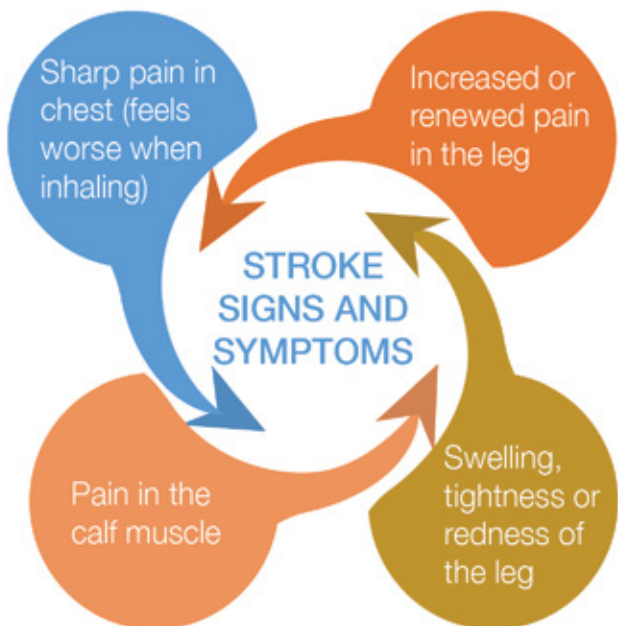
## COMPLICATIONS

Sometimes an infection can develop under the cast. If this happens, you need to have the cast removed.

## SIGNS AND SYMPTOMS



Rare but potentially serious complications are Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE). These are blood clots that if left untreated can lead to death.



If you experience any of these issues, call [22242999](tel:22242999) immediately to make an urgent appointment with your Podiatrist.



## DOS AND DON'TS

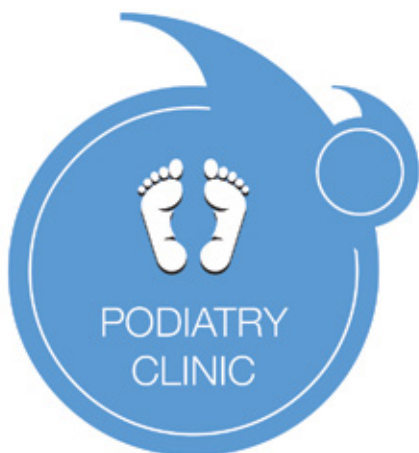
- ✔ Buy and wear a cast shoe to protect the bottom of the TCC.
- ✔ Keep off the cast for one hour after it is applied.
- ✔ Walk and stand for short periods only. Using crutches may help you to get about.
- ✔ Protect your other leg with a long sock or pillowcase in bed.
- ✔ Visually inspect the TCC for damage.
- ✔ Visually inspect your toes and leg for cuts, blood or other change.
- ✔ Attend the clinic as recommended by the Podiatrist.
- ✔ Check blood sugars regularly.
- ✘ DO NOT get your TCC wet; you should wear a shower protector when bathing.
- ✘ DO NOT drive a manual car or a motorbike in a TCC.
- ✘ DO NOT remove or cut the TCC.
- ✘ DO NOT poke anything down the rim of the TCC.

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