

Total Contact Cast (TCC)

What is a Total Contact Cast?

It is a rigid non-removable cast made of fiberglass that is applied from a person's knee to their toes. It redistributes pressure from the bottom of the foot to the lower leg. It also helps to immobilise the foot and ankle joint.

Some examples include:



This is GOOD for:

- Foot and Ankle Fractures
- Diabetic Foot Ulcers
- Active Charcot Foot



This is NOT GOOD for:

- Severe Peripheral Arterial Disease
- Active Foot Infection
- Persons who are unable to care for the cast



Benefits of Total Contact Cast



- A gold standard approach in off-loading forefoot, midfoot wounds and Charcot foot



- Helps with faster wound healing

Risks of Total Contact Cast



- New wounds or skin abrasions could occur



- Increased risk of falls
- Long-term use could result in muscle atrophy

Things you MUST note:

- Attend all your medical appointments
- Keep your cast dry at all times
- Wear your cast shoe at all times
- DO NOT insert anything inside your cast
- DO NOT attempt to remove the cast yourself

Visit your podiatrist or Emergency if you experience the following:

- The cast is causing you pain or discomfort
- You suspect that the cast is rubbing on your skin abrasively
- There is discharge coming out of your cast
- There is an unpleasant odour coming from your cast
- Any signs of infection from your cast
(e.g., fever, chills, swelling, a painful or warm sensation at your wound area)
- There is an unexplained spike in your glucose levels



How often do I need to change my cast?

The dressing inside the cast need to be replaced every 3-7 days depending on wound condition.

When will my cast be removed?

The cast can be removed once your wound has fully healed, or if your Charcot foot has stabilised, or when a severe complication occurs that requires the cast to be removed.

What happens after my cast is removed?

You are expected to wear therapeutic footwear with custom insoles to maintain remission, and to reduce the recurrence of the wound.

Scan the QR code for more information:



NTFGH Podiatry