

MODIFIED TOTAL CONTACT CAST - Kings Hospital Method

What is a “TCC” - Total Contact Cast?

A “Total Contact (non-removable cast) or Bivalved Total Contact Cast” (which is a removable – bespoke cast) is being worn for one of the following reasons:

- Active Charcot
- Non-healing Foot Ulcer
- Fracture

You may have peripheral neuropathy and / or diabetes.

You may be neuropathic and be experiencing pain, this should be cause for further investigation.

Why am I in a Cast?

The Cast will help to take pressure off your foot ulcer and will provide a better environment for wound healing.

You may also need to wear a cast if you have an active Charcot neuroathropathy to prevent severe foot deformity.

What are the alternatives?

- 1 No treatment.
- 2 Use less effective treatment.

What are the risks of wearing a Cast?

With any break in the skin, i.e. an ulcer or a cast rub, there is the possibility of infection.

There is a risk of rubbing from the cast causing a break in the skin, due to the hard material it is made from. The risk is minimized by padding we apply prior to cast application.

To minimize these risks your cast and visible parts of your leg should be checked by yourself daily to ensure there are no breaks and no rubs on the skin at the top of the cast.

What do I need to do whilst wearing the cast?

Rest is an important part of your ulcer / Charcot treatment the cast will help to take pressure off the foot.

If you notice you become unwell –

- 1 feverish
- 2 hot
- 3 achy
- 4 shivers or have flu - like symptoms,
- 5 or you notice the casted leg is unusually swollen
- 6 You notice anything coming through the cast- bleeding or discharge from your wound.

Contact the Hot Foot Line immediately by phone 07909907015.

How do I care for the cast?

Ensure the cast is kept dry at all times.

It is possible to purchase or request a cast cover from your GP such as “seal tight” or “limbo” which can be used when bathing.

DO NOT put anything inside the cast

DO NOT try and apply creams / talc's to the casted leg / foot.

If you notice any cracks, breaks, strike through, “softened” areas in the cast or if the cast gets wet – please contact your Podiatry Team immediately.

What to do out of hours?

If you experience illness or any major problems with the cast out of normal podiatry clinic hours please attend your nearest A & E Department and show them this advice leaflet.

FOR MEDICAL TEAMS

The patient may have peripheral neuropathy and/or diabetes. If the patient is neuropathic and is experiencing pain, this should be cause for further investigation. Remove the cast.

If there are concerns of a potential DVT please remove the cast immediately.

If the cast is broken, please remove the cast immediately.

Advise the patient to contact their Podiatry Team as soon as is possible the next working day.

There is a possibility an infection can occur whilst the patient is wearing the cast as they may have an open wound. Remove the cast. Please follow your local antibiotic guidance and take a deep swab for mc+s.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Useful Telephone Numbers

Podiatry Central booking team - (Open time from 8.30am till 4.30pm). 0300 13 14 536 or
Email: esh-tr.podiatryenquiries@nhs.net

Hot Foot Line (Mon-Fri; 08:00- 16:00) 07909907015

NHS Direct: 111

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
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The directorate group that have agreed this patient information leaflet: Community Health Integrated Care Division

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