



- PATIENT INFORMATION - TOTAL CONTACT CASTING:

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What is total contact casting?

- Total contact casting is an all inclusive dressing which
 - Takes the pressure off the wound by special padding techniques
 - Prevents infection from entering the wound bed
 - Allows the wound to drain and heel from deep to superficial
 - Allows a patient to put full weight onto the extremity after 24 hours
 - All the above points allow the wound to heal from deep to superficial tissue so the wound can close effectively.

How long will it take?

- Expect your appointment to last about 90 minutes.
- Schedule a follow up appointment for 1 week after your initial casting, then 2 week increments to recast your foot until your wound is fully healed

What should I wear or bring?

- Please wear LOOSE fitting clothing in which your leg and foot are easily accessible
- If you have an assistive device such as a crutches, wheelchair or walker please bring that with you
- You will need to purchase a CAST BOOT in order to walk. Do not walk on the cast without this cast boot.

Wearing instructions:

- Do not put weight on the cast for the first 24 hours after application
- 24 hours after application you may begin full weight bearing on your cast boot over the cast
- when walking in the cast: take smaller, slower steps than you would normally take
- If you are normally active, decrease your ambulation level by _____ %
- When returning to the clinic for each visit, bring you crutches or walker.

Contact your health care professional if:

- You experience discomfort in the cast
 - The cast slips up and down on your heel or otherwise becomes loose
 - You notice any softening or defects in the cast
 - Your cast becomes wet
 - You have any questions
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