

What you need to know about your Total Contact Cast



It's **Time to Heal**
your Diabetic Foot Ulcer and
Save Your Limb!

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. It is not an orthopaedic cast.

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.

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.

How often is the cast changed?

The first cast change will take place 2-3 days after the first cast is applied. Afterwards, cast changes will take place about once a week, as determined by your health care provider.

How long will I be wearing a TCC?

The course of treatment with TCC will be determined by your health care provider after assessing the progress of healing.

CLINIC OR PHYSICIAN INFORMATION:

Ask your health care provider how TCC-EZ® can help you.

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
- If the patient or healthcare provider has other cause for concern, such as claustrophobia

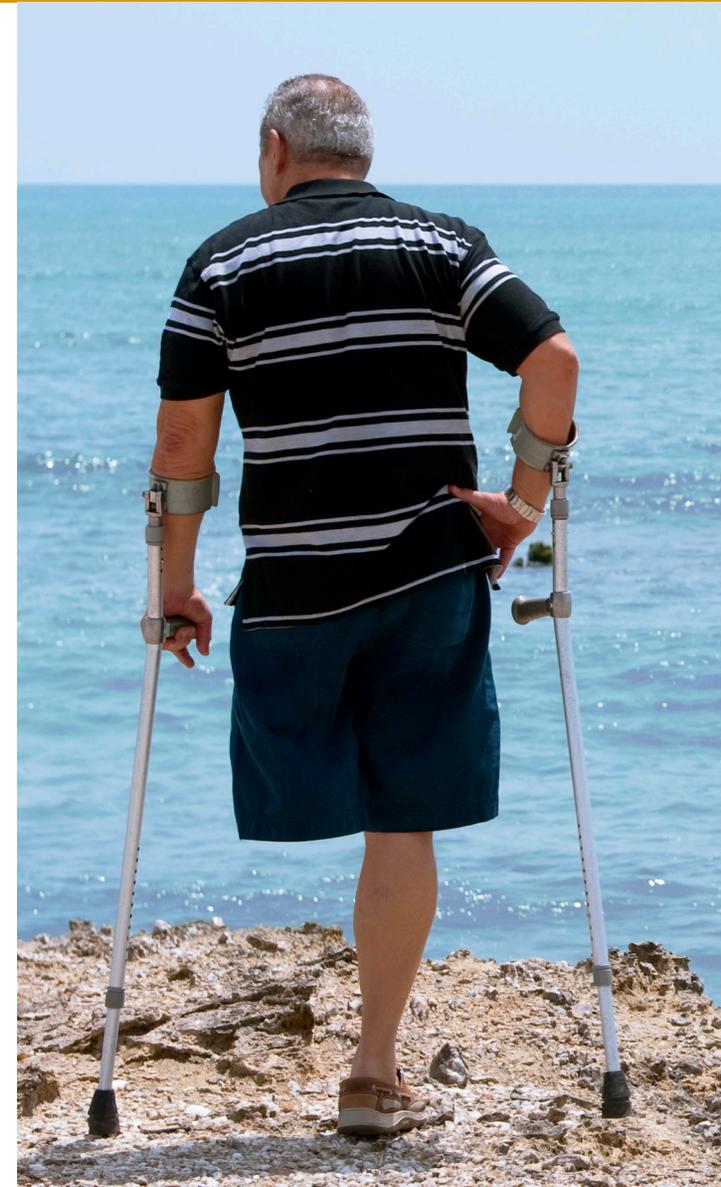
To find out more on Total Contact Casting,
please go to www.healyourulcer.com



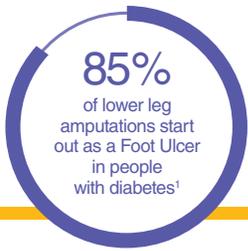
References: 1. Incidence of diabetic foot ulcer and lower extremity amputation among Medicare beneficiaries, 2006 to 2008. Available at: www.ahrq.gov. 2. Lavery AL, et al. Randomised clinical trial to compare total contact casts, healing sandals and a shear-reducing removable boot to heal diabetic foot ulcers. Int Wound J 2014 3. Jensen J, Jaakola E, Gillin B, Riley EK, TCC-EZ® - Total Contact Casting System Overcoming the Barriers to Utilizing a Proven Gold Standard Treatment. DFCon, March 2008, Los Angeles, USA. Poster 4. Bohn G. Cost Effectiveness and Implementation of an Easy to Apply Total Contact Casting System for Diabetic Grade 2 Neuropathic Foot Ulcers in a Multi Physician Clinic, Clinical Symposium on Advances in Skin and Wound Care, October 2009, San Antonio, USA. Poster 5. Armstrong DG, et al. Off-loading the diabetic foot wound. Diabetes Care 24:1019-1022, 2001 6. Semin Vasc Surg. 2012 Jun;25(2):61-5. doi: 10.1053/j.semvascsurg.2012.04.009



104 Shorting Road
Toronto, ON M1S 3S4
Phone: 416.299.4003
Toll Free: 800.387.5302
Email: customerservice@dermasciences.com
Visit us at: canada.dermasciences.com/tccez



TOTAL CONTACT CASTING
Patient Guide



How serious is my 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.⁶

Diabetic shoes are good for prevention but not for off-loading

Orthopaedic 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.



What is a TCC-EZ® Total Contact Cast?

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 shear 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”. Total Contact Casting is recognized as the **Gold Standard** of Care for off-loading diabetic foot ulcers.^{2,4,5,6}

TCC-EZ® offers a one-piece, roll-on, light weight, woven design that is faster (under 10 minutes) and easier to apply than traditional systems. The ease of application can lead to fewer complications.³

TCC-EZ® also offers greater patient compliance to help halt the cycle of non-healing ulcers that can eventually lead to limb loss.

Why has my physician recommended it for me?

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.^{1,2} Effective off-loading with TCC is an essential part of your overall treatment program and will help your diabetic foot ulcer heal.

Can TCC-EZ® be used for larger or oversized bariatric patients?

TCC-EZ® is available in different sizes, including Large and Extra Large, to accommodate patients weighing up to 181 kgs (400 lbs.)

Can TCC-EZ® be used for Charcot foot?

TCC-EZ® offers Large and Extra Large Charcot Boots with an innovative cushion insert specially designed to accommodate patients who have developed rocker bottom deformities to make dealing with these complicated wounds easier.

