

PATIENT INSTRUCTION GUIDE

Limit activity for first 24 hours after cast is applied.

Boot should always be worn while standing or walking.

If you do not use your boot you risk damage to the wound and cast.

Can I take a shower or bath?

Use a cast protector to keep it dry while showering and bathing.

What should I do if the cast gets wet?

If the cast gets wet it should be removed immediately.
Please call your doctor.

What if I feel friction from the Total Contact Cast (TCC)?

If the cast is loose, rubbing, or causing pain, please call your doctor. It will need to be changed.

Are there other signs I should be concerned about?

- If you experience swelling above the cast, it may be due to over activity. In this case, walk less and put your leg up to reduce swelling.
- If you develop fever, chills, nausea, or vomiting, the cast must be removed to check the wound. Contact your doctor immediately.

What if I'm having trouble and my physician isn't available?

Please keep the Emergency Removal Instructions with you in case someone other than your doctor must remove the cast. If the cast is removed in the hospital or emergency room, the cast technician must be notified that there is only padding on the front over the shin, on the ankles, and over the foot and toes. These are the only places they can cut with a saw to remove the cast. (See emergency removal instructions below).



Find out more information at:
www.healyourulcer.com



Emergency Removal Instructions

USE EXTREME CAUTION

Do Not Bivalve Cast to Remove!

The TCC-EZ® Total Contact Cast System is only padded along a 2" - 3" area along the crest of the tibia, over the foot, around the toes, and over each of the malleoli.

To remove, cut tan stockinette and pull protective pad toward knee. Make a cut with a cast saw along the tibia crest continuing over the dorsum of the foot. Make a cut along the ends of the toes. Using bandage scissors, cut thick white sleeve. Firmly pull protective padding away from tibia and dorsum of foot. Cut tan stockinette. Then, spread the TCC-EZ® and help the patient remove their foot from the cast.



If you have to remove the cast, please call your doctor and bring the cast removal instructions with you to the doctor's office.

Questions? Call: 1-800-445-7627

Physician Name

Phone Number