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Contact details

Prosthetic and Orthotic Department

St Vincent's Hospital Melbourne
Bolte Wing
14 Nicholson Street
Fitzroy Victoria 3065
Telephone: (03) 9231 3837

Emergency phone numbers

The Orthotic Department
T: (03) 9231 3837

Business Hours:
7:30am - 4.30pm, Monday - Friday

Outside of Normal Business Hours:
Emergency Department:
(03) 9231 4364



Total Contact Cast

Instructions for wearing your Total Contact Cast (TCC)



PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9231 2211

www.svhm.org.au





What is a Total Contact Cast (TCC)?

A TCC is a cast applied to your foot and lower leg, which helps healing by reducing pressure and friction.

A TCC is in “total contact” with your foot and lower leg. The special casting technique redistributes weight away from any wounds and onto the rest of the leg.



What to expect?

- The TCC will remain on for 1- 2 weeks at a time
- After the cast is applied, the plaster remains soft for 24 hours. It is important you walk as little as you can during the first day
- If you are staying in hospital, staff will regularly check your leg. However, if you experience any pain it is important that you let staff know
- If you are not staying in hospital, you need to attend all your orthotic appointments while you are in the cast. If you are unable to make an appointment please call us as soon as possible to reschedule

Showering:

- You must not get the cast wet
- Have a sponge bath instead of a shower
- If showering, wrap your leg in a plastic bag and seal well with tape
- It is safest to shower in a seated position

Sleeping:

The cast may scratch your other leg at night. Wear a sock on your other leg or put a pillow case over your TCC

Contact your Orthotist as soon as possible or, if after hours attend, a hospital emergency department if you notice any of the following:

- Your toes feel numb
- The cast has become loose, is rubbing or causing pain
- You notice excessive swelling in your leg above the cast
- You notice the cast is broken or damaged in any way
- Your cast has become wet
- You notice unusual odour from the cast

Do not:

- Do not get the cast wet
- Do not put anything inside the cast (e.g. do not try to scratch your skin)
- Do not walk without a cast shoe
- Do not try and remove the cast yourself

Driving:

It is **illegal** to drive while wearing a TCC. You will not be able to perform an emergency stop, and may not have full control of your vehicle. Check with your insurance company for further information.

Do not alter the cast yourself. Please contact your orthotist with any concerns on (03) 9231 3837.