

# Total Contact Casting: Frequently Asked Questions

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Total Contact Casting is a method of pressure relief that has been shown to have the highest rate of wound healing. Total Contact Casting is considered the gold standard for reducing foot wound pressure.

The Comprehensive Wound Care Center at the University of Michigan Health System is pleased to offer this service to our patients.

## **What is a Total Contact Cast?**

This casting method helps promote healing and reduce pressure in the area of the wound. The cast works to redistribute weight, minimize pressure and reduce friction on the foot.

The cast consists of two parts – an open weave cast and a walking boot.

## **Why has my doctor recommended it?**

Certain types of wounds heal better and more efficiently with Total Contact Casting. Your doctor has determined that this method of treatment is best for your wound.

## **How long will I be wearing a cast?**

The length of treatment varies from patient to patient. We will reassess your wound weekly for continued need for casting.

## **How often is the cast changed?**

The first cast change will take place 2-3 days after the initial cast is placed. This is to ensure that your foot and wound tolerated the cast. After this initial cast, the casts are changed weekly.

## How will this cast change my lifestyle?

- The cast takes 24 hours to cure and we ask that you absolutely minimize weight bearing during this time.
- You will need to wear the walking boot at all times – you can cover it with a pillow case while in bed.
- The cast **must be kept dry** at all times. Do not take showers while the cast is on. Cover the cast with a plastic bag to protect it from getting wet during poor weather.
- **Do not** walk without the outer walking boot firmly attached to the cast.

Since you will not be walking as much as you normally do, you will need some assistance from family and friends for certain tasks. This is common when wearing any type of cast and you will find that people are eager to assist you while you are taking the necessary time to heal.

If you have any questions about what you should or should not be doing, please feel free to contact us.

Once your wound is healed, you will need to be fitted for proper footwear to ensure that the wound does not return. You may be casted until this process is completed. It is important to avoid old shoes and habits that may have led to the development of your wound.

Questions: Please feel free to contact the Comprehensive Wound Care Center at **734-936-9795**.

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