

Total Contact Casting

What is Total Contact Casting?

Total Contact Casting is a method of pressure relief 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 University of Michigan Health is pleased to offer this service to our patients.

What is a Total Contact Cast?

The cast consists of 2 parts: an open weave cast and a walking boot. The cast helps to:

- Redistribute weight
- Minimize pressure around the wound
- Reduce friction.
- Promote healing.

Why has my doctor recommended a Total Contact Cast?

Certain types of wounds heal better and in less time with Total Contact Casting. Your doctor decided 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 review your wound each week to determine how long you will be in a cast.

How often is my cast changed?

The first cast change will take place 2-3 days after the first cast is placed. This is to make sure your foot and wound tolerated the cast. If you tolerated the cast well, we will then change your cast weekly.

How do I care for my cast?

The cast takes 24 hours to cure and we ask that you absolutely minimize putting weight on your cast during this time.

To help care for your cast:

- Wear the walking boot at all times. You can cover it with a pillowcase while in bed.
- **Keep the cast 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.
- Wear shorts or wide leg pants in order for your pants to fit over the cast.

If you have any questions about what you should or should not be doing, please feel free to contact us **734-936-9795**.

How will this cast change my lifestyle?

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

What happens after my cast comes off?

Once your wound has healed, we will fit you for proper footwear to ensure that the wound does not return. It is important to avoid old shoes and habits that may have led to the development of your wound. You may continue to be casted until the fitting for footwear is complete.

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

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