

Care of Your Cast

You cannot get your cast wet

- If moisture gets into the cast, you are more likely to get an infection.
- Do not stick anything inside your cast. You risk breaking the skin.

Things to look out for with your cast:

- Your cast seems too tight or too loose.
- The cast gets damaged, cracked or soft.
- The cast gets wet.
- Any unusual tingling or pain in the foot.
- Abnormal colour in toes.
- You notice or suspect any rubbing or bleeding under the cast.

Call the Wollongong Hospital Podiatry or Physiotherapy Department straight away if you notice any of these things.

Contacts

If you need help outside of business hours, you will need to attend your nearest Hospital Emergency Department to have the cast taken off.

Never attempt to remove the cast yourself.

Physiotherapy Department
Ph: 02 4253 4500

Podiatry (High Risk Foot Service)
Ph: 1300 647 301

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



This information
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High Risk Foot Service

Total Contact Cast

Patient Information



Health
Illawarra Shoalhaven
Local Health District

Frequently Asked Questions

What is a total contact cast?

The cast is made from a hard, synthetic material. It is applied like a bandage around your leg and foot. The inside of the cast has padding.

Why do I have a total contact cast?

You have a very serious problem on your foot. It might be an ulcer (wound) on the base of the foot, or a Charcot Foot (a foot that has changed shape and has damage to the bones and joints).

The total contact cast is good at reducing pressure over the bottom of the foot. It should help your foot problem to heal or stop it from becoming worse.

What would happen if I don't have a total contact cast?

Without the cast your foot problem may worsen. Serious foot problems can sometimes need surgery or even an amputation.

Will the cast impact on my normal routines? Yes.

- You will not be able to drive a car at all.
- You must wear a special shoe over the cast (we will give this to you).
- You might need a walking aid (a frame or crutches).
- You will not be able to have a shower, bath, or walk in the rain. The cast must be kept dry at all times.

Frequently Asked Questions

How long will I need to be in the cast?

If you have an ulcer, the length of time can vary from six to twelve weeks, or until the wound has healed.

If you have a Charcot foot, you could be in a cast until the bones have healed (sometimes up to 9 months).

Your doctor, podiatrist, or physiotherapist will tell you how long you will need to wear the cast.



Will my cast be changed?

Yes, we will make an appointment to change your cast when needed.

It is important that you attend all your appointments. If you don't come to your appointments we might need to stop your treatment.

Who can remove my cast?

Only a trained clinician can remove your cast.

Pre and Post Appointment Information

The day of your appointment

Please wear loose fitting pants (not jeans or tights). The trouser leg needs to go over the cast when you go home.

The cast will take about one hour to fit.

It will take another 45 to 60 minutes to completely dry. **Do not walk on it during this time.** Once it is dry it will be strong enough to stand and walk on.

Limit how much time you stand and walk to help your foot get better faster.

After your appointment

Your leg with the cast is longer than the other leg. This may cause you to be unbalanced. You may need to use a walking stick or a frame. Your physiotherapist can help you with this.

Please let the physiotherapist know if you have any falls while you have your cast on.

Do not push anything inside your cast to scratch. You might hurt your leg or foot.