

# TCC-EZ™ PATIENT INSTRUCTIONS

The TCC-EZ Total Contact Cast that has been placed on your foot and leg by your doctor has been proven to be an effective method of off-loading a diabetic foot wound. It is important that you understand potential problems with the cast so they can be avoided. Please follow the instructions below during your care:

1. The outer boot must always be worn when walking.
2. If the cast is “loose” or “rubbing” or causing pain, please call the doctor— it may need to be changed.
3. The first cast change will take place 2-3 days after the first cast is applied.
4. Subsequent cast changes will take place from 1 to 2 times per week to up to every other week.
5. If you develop a fever, chills, nausea, or vomiting, the cast must be removed to check the wound.
6. Keep your cast dry. If the cast gets wet, it must be changed.
7. If the cast is removed in a hospital or emergency room, the cast technician must be notified 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.
8. You will need to wear a cast for 1 to 2 additional weeks after your wound has healed or until your skin has returned to normal thickness.
9. Please keep the Emergency Removal Instructions with you in case someone other than your physician must remove the cast. This is a non-traditional cast and must be removed in a different manner.
- 10. If you have any questions, call your doctor or have your doctor paged.**

Physician Name: \_\_\_\_\_ Phone # \_\_\_\_\_

## USE CAUTION

TCC-EZ™ is a total contact cast— padding only in areas noted. Cut only as indicated in photo. Patient may be injured if removed improperly. Please call patient’s physician with questions before removal.



◀  
*Sagittal anterior cut along tibia and across dorsum of foot.*

◀  
*Transverse distal cut across toes*

## TCC-EZ Emergency Removal Instructions

### Use Extreme Caution **Do Not Bivalve Cast to Remove!**

The TCC-EZ 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.