

Total Contact Casting Advice

A total contact cast has been put on your lower leg.

This cast has been applied to spread weight and take the load off your foot to prevent further damage and/or aid wound healing.

Examine your cast regularly.

For the cast to be most effective, you need to keep it in good condition. Complications may occur if the cast is not looked after properly.

Remember **CASTED** when caring for your cast!

Clean – Keep the cast clean.

Aid – Use a walking aid if advised.

Shoe – Wear a cast shoe when walking around and your usual shoe on the non-casted foot.

Take a load off – Rest as much as you can.

Elevate foot – As much as you can.

Dry – Keep the cast dry.

You will be required to return for follow-ups with Podiatry or Orthopaedics, to monitor your condition and/or have your cast removed.

Should you experience any of the following:

<ul style="list-style-type: none">• The cast becomes wet• The cast breaks• You suspect the cast is rubbing against your skin• Discharge seeping through the cast	<ul style="list-style-type: none">• Any unexplained smell from the cast• Discomfort while wearing the cast• Any signs of infection e.g. redness, swelling, heat or fever• An unexplained spike in your blood glucose levels
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Please seek immediate medical attention at:

- NUH Orthopaedics Department, Clinic B (Monday – Friday, 8.30am to 5.30pm); or
- NUH Emergency Medicine Department (24-hour)

National University Hospital
5 Lower Kent Ridge Road Singapore 119074
Tel: (65) 6908 2222
Website: www.nuh.com.sg

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