

TCC (Total Contact Cast) is just like applying plaster around fracture of foot or leg. TCC can be made of Plaster of Paris (POP) or Fibreglass.

Although best offloading is achieved by TCC(37) but it is cumbersome, time consuming & needs expertise & one can not follow the growth of wound.

Most of these shortcomings of TCC can be overcome by using ITCC i.e. Instant Total Contact Cast which was developed by Dr. David G. Armstrong et al. of Chicago³⁸.



SUMMARY

Most Common Cause of hospitalization in Diabetics is Diabetic foot Problems. Since no. of Diabetics is increasing hence different complications related to diabetes are also increasing including non healing diabetic foot ulcers.

Minor ulcer can lead to Amputation so one should be cautious since beginning. Newer & more advanced techniques are now available for better wound care including VAC therapy, Hyperbaric Oxygen Therapy, Growth Factors, Bioengineered Skin grafts, Maggot's therapy etc.

If Diabetic Foot Ulcer is not improving one should refer case to Podiatrist or specialist.

The holistic care of diabetic foot ulcer requires a multidisciplinary team approach. Apart from blood sugar control, treatment of ulcer involves debridement, offloading, appropriate dressings, vascular maintenance and infection control.

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