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Care of Your Unna Boot Dressing

WHAT IS AN UNNA BOOT?

An Unna boot dressing is a commercially prepared gauze bandage saturated with zinc oxide. This gauze is covered with an outer wrap to provide support and compression. It is used to treat slow healing foot, heel, or leg ulcers by decreasing the swelling in the leg. This dressing may be left in place from one day to two weeks.

APPLICATION

Your leg and wound will be washed before the Unna boot is applied. An antibiotic cream, antiseptic or dressing may be applied over the wound before the Unna boot is applied. The Unna dressing will be wrapped from the toes to the knee. The dressing in the area of the wound may be three or four layers thick. It will dry in three to four hours but will never be as hard as a cast.

CARE OF THE UNNA BOOT DRESSING AFTER APPLICATION

What to do:

1. Observe toes for change in color (blue, darkening, or white), temperature (cold), swelling, or lack of sensation (numbness).
2. Keep leg elevated above level of your heart if possible when reclining or lying down. Avoid sitting at a ninety-degree angle for too long a time. This position affects the blood supply to your legs.
3. Keep Unna boot dressing dry. (Put heavy plastic bag taped above and below the boot around it when showering. Keep your leg out of the tub if taking a tub bath.)
4. Walk daily as recommended by your health care provider. You may need to obtain a slipper/shoe that is 1-2 sizes larger.
5. Individual instructions: _____

What NOT to do:

1. Do not put any object into the boot or under the dressing to relieve itching.
2. Do not walk long distances until the foot dries.
3. Do not ignore ANY of the following signs and symptoms of the toes: COLD, DISCOLORATION, SWELLING, NUMBNESS, or SEVERE PAIN. If the problem persists, gently unwrap the outer dressing, pour warm water over the Unna wrap, and gently unwrap the Unna dressing.

If you have any further questions please give our office a call, and we will be happy to do our best to help you.