

Divine Dermatology

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 or post surgical wounds by decreasing the swelling in the leg. This dressing may be left in place from one day to two weeks.

APPLICATION

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 your leg elevated above the 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 a heavy plastic bag taped above and below the boot around it or Press and Seal Glad Wear or cast cover when showering. Keep your leg out of the tub if taking a tub bath.)

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.
4. DO NOT GET BOOT WET.

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