



WHAT IS AN UNNA BOOT?

An Unna Boot is gauze dressing filled with Zinc paste. You may also hear it called a “soft cast”. It supports vascular problems, helps with healing leg ulcers, swelling or lymphedema by giving compression to the areas that are wrapped.



WHEN SHOULD I CONTACT MY HEALTH CARE PROVIDER?

- If you have a pale or numb foot or toes, or a tingling feeling that does not go away
- If you experience pain in your foot or toes
- If you notice changes in your leg, foot or toe temperature (i.e., if they feel cold)
- If you have increased swelling in your leg
- If you experience increased pain in the leg or ulcer
- If you develop a fever or chills, or feel sick
- If you have any other changes in your health that cause you concern

ABOUT THE UNNA BOOT:

- The dressing can be worn up to a week before it needs to be changed. An elastic or self-adhering bandage is placed over the dressing for compression
- If you have a leg ulcer, an absorbent dressing is used under the Unna Boot for wound drainage
- Unna Boots are placed on clean, dry skin. Your skin, and any ulcers, will be cleaned and dried
- You will need to be flexed to a 90-degree angle. Hold this position while the dressing is applied. You will be shown how to do this
- Keep the dressing dry
- Do not remove dressing unless told to do so by your provider
- If the Unna Boot feels too tight, elevate for 30 to 60 minutes

