

Unna Boot Instructions

- Keep the wrap **on and dry** for 1 week
- When showering or bathing, keep the leg out of the water. **It cannot get wet.** You may choose to wrap the leg with a wound care bag (can be purchased at most pharmacies).
- After one week, remove the wrap. This is typically done in the office. Please make sure you have a one week follow-up appointment to have the unna boot removed.
- If the wrap feels too tight at any point (including foot or toes tingling/going numb), unwrap the entirety of the wrap. Do not cut off with scissors as this can cut the skin.
- If wrap has been removed, wound care should be performed once a day. Wash the leg with soap and water, apply ointment, and reapply new bandage with telfa/non-stick pad, gauze (for pressure), and coban wrap.