Unna Boot

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

About Unna Boot

- The dressing can be worn up to a week before it needs to be changed. An elastic or self-adhering coban bandage is placed over the dressing for compression. The boot is changed at the doctor's office, clinic or by your home health nurse.
- If you have a leg ulcer, an absorbant dressing is used under the Unna boot for wound drainage. You may feel uncomfortable for the first few hours the boot is applied. Tell your doctor or nurse if your discomfort does not improve.

Using Unna boot

- Unna boots are placed on clean dry skin. Your skin, and any ulcers, will be cleaned with a mild soap or cleanser and pat dry.
- You will need to flex your foot 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. When bathing, cover the leg with a plastic bag and seal with tape or fully cover with Press and Seal wrap.
- Unna boot works best when you are moving and not in one position for more than 30 minutes at a time. If you must stand or sit for more than 30 minutes, move your ankles, legs and feet to help pump blood back to your heart.
• **Do not** remove the dressing or compression bandage unless you are told to do so by your doctor or nurse. If you are to rewrap the compression bandage each day, only take them off long enough to reapply them.

• **If the Unna boot feels too tight**, lie flat and raise your feet above your heart for 30 to 60 minutes. If it still feels tight, make a 1 inch slit in the gauze zinc filled dressing at the top or bottom of the boot. Do not cut the coban compression bandage.

### When to Call Your Doctor

Call your doctor or nurse if you have:

• A pale or numb foot or toes, or a tingling feeling that does not go away
• Pain in your foot or toes
• Changes in your leg, foot, or toe temperature such as they feel cold
• Increased swelling in the leg
• Increased pain in the leg or ulcer
• Fever, chills or feel sick
• Any other changes in your health that cause you concern

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.