Unna Boot

An Unna boot is a gauze bandage that has a zinc paste in it. It is most often used on the foot to the knee to protect leg ulcers and reduce swelling. This bandage is covered by ace wraps or elastic bandages. The boot is often worn for seven days at a time. It may be used for several weeks, depending on your healing. The boot will be changed at the doctor’s office, clinic or by your home health nurse. Lotion or cream is often put on the leg before the Unna boot is applied. Some people notice the leg ulcer may hurt for a few hours after the Unna boot is put on, but it then eases.

Care of the Unna boot
You need to keep the Unna boot dry. When you bathe, cover your leg with a plastic bag sealed with tape. Some drug stores or medical supply stores have special bags or a garbage bag will work. It helps to keep your leg out of the shower or tub to keep it dry.

- Avoid standing or sitting in one position for more than 30 minutes. Bend your ankles several times to help pump the blood back to your heart.
- Keep your legs elevated as much as possible. Be sure your feet are above the level of your heart. This helps ease swelling and promotes healing.
- Do not remove the Unna boot or the ace wraps unless you are told to do so by your doctor or nurse. If you rewrap the ace wraps each day, only take them off long enough to reapply them.
- If the Unna boot feels too tight, lie flat and raise your feet for 30-60 minutes.
- If it still feels tight, make a 1 inch slit in the gauze bandage at the top or bottom of the boot. Do not cut the ace wraps.

Call your doctor or nurse if you have:
- More drainage from your ulcer or there is a change in the color or smell of the drainage
- Fever or chills
- More swelling in your leg
- More pain in your leg or ulcer
- Pain, numbness or tingling in your toes or feet that does not go away