



## Unna Boot

Your physician has ordered compression therapy for treatment of your wound. Compression reduces the swelling, or edema, in your legs and prevents it from returning. The swelling is one reason why your wound may not heal quickly.

Your physician has chosen a unna boot compression wrap. It can be left in place for up to a week. Each week, the old wrap will be removed and a new one applied until your wound heals or your treatment has been changed.

### Key points to keep in mind while wearing your unna boot:

1. **Do not get your wrap wet.** Take a sponge bath or you can cover the wrap with a plastic bag that is secured at the top so that no water can enter.
2. **Elevate your legs 3-4 times a day for 30 minutes to prevent swelling.** Increased swelling will cause the wraps to feel tight and may cause pain.
3. Call Deaconess Wounds Services (812-450-7700 or 1-800-575-5199) if drainage has come through the wraps or the wraps have slipped down.
4. If you have pain or if your toes become purple or become swollen or numb, remove the wraps by carefully cutting them off with scissors.
5. Call Deaconess Wound Services if you have removed your wraps so that your doctor can advise you how to dress your wound until your next appointment.
6. If you remove your wraps after hours, dress your wound with saline moistened gauze covered by dry gauze, then call Deaconess Wound Services as soon as possible during office hours.