



Unna Boot Instructions:

- Leave Unna boot in place for 1 week. Keep the boot dry when bathing using an umbrella bag and rubber band or by doing sponge baths.
- On the morning of your follow-up visit remove the dressing and shower.
- Apply Vaseline directly to the wound and cover with a bandage.
- Return to clinic to have boot reapplied (or reapply boot at home if you've been instructed on application).
- Take Tylenol for pain. NOT Ibuprofen, Advil, Aleve, or other NSAIDs.