



Absolute Dermatology & Skin Cancer Center

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Wound Care: Unna Boot

Unna Boot instructions:

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