

## **Unna Boots**

In order to be effective an Unna Boot must be applied with appropriate compression.

- The first time you have an Unna Boot applied it may feel uncomfortable and/or tight, this is normal.
- You should elevate your leg any time you are sitting with your foot level with your heart. This will help keep the swelling down and you will be more comfortable.
- You may bag your leg to shower, do not get Unna Boot wet.
- Do not put anything inside of the Unna Boot. This could result in a cut or scratch and possibly lead to an infection.
- If your leg becomes itchy under the Unna Boot, apply direct pressure over the area to get some relief.
- If your toes become colder than normal or purplish please call the office

If you have any problems, questions or concerns, please call the office at 248-424-5748.