

### What is an Unna Boot?

The Unna Boot is a bandage that is wrapped around your child's leg and foot. It is usually made from cotton that has been soaked with zinc oxide. This keeps the skin moist and helps it to heal.

### Why does my child need an Unna Boot?

Unna Boots treat several kinds of skin problems and help with redness, itching and pain. The zinc oxide helps the skin heal from burns, ulcers or open sores.

The zinc oxide does not harden or cake, unlike other kinds of dressings, and stays nice and moist.

### Where can I buy an Unna Boot?

You can buy an Unna Boot through your local pharmacy or you can order it by phone at 1-800-445-7627.

### My Unna Boot Plan

When to use it:

How often to use it:

How long to use it:

### How does my child use an Unna Boot?

#### Clean the skin

Wash the skin with lukewarm water and fragrance-free, soap-free cleanser.

#### Seal it in

Moisturize the skin with plenty of ointment, such as petrolatum, hydrated petrolatum, Aquaphor, Vaniplly or a corticosteroid recommended by your doctor.

#### Wrap it up (see Figure 1)

Follow these steps:

- 1 Put on clean gloves.
- 2 Cover the moisturized area loosely with the Unna Boot wrap.
- 3 Cover the Unna Boot wrap with one of the following: a an ACE bandage; a cohesive bandage wrapping tape (like CoFlex); a tube sock; or plastic wrap. This helps to keep the skin moisturized.

**Important Tip:** Be careful not to wrap it too tightly.

