PITTSBURGHSKIN
DERMATOLOGY | MOHS SURGERY

Cranberry
144 Emeryville Drive, Suite 230 & 300
Cranberry Township, PA 16066

Shadyside
5750 Centre Avenue, Suite 300
Pittsburgh, PA 15206

Tel 412.206.2966 | Fax 412.914.3062
info@pittsburghskin.com

CARE FOR AN UNNA WRAP

For Questions:

- Monday to Friday between 7:30 AM - 4:30 PM please call the office at 412.206.2966
- Weekends & Evenings please contact your physician:

Unna Wrap Wound Care

An Unna wrap (or Unna boot) is a special compression bandage, made of zinc oxide-impregnated gauze, wrapped around the lower leg. This supportive wrap encourages proper circulation, prevents infection and has been shown to expedite wound healing. Another advantage of an unna wrap is that you do not need to change your bandage at home.

Here a few things to know:

1. Elevate extremity as much as possible.
2. At night, you can consider removing the top ace bandage if that is more comfortable. Please re-wrap with ace bandage in the morning.
3. If the wrap becomes painful or uncomfortable at any time, you can remove the entire wrap at home. However, it is very important that you then clean the wound, apply Vaseline or Aquaphor and re-cover with gauze, tape and an ace bandage.

Additional Notes:

- Bleeding: If you have bleeding thru the bandage, please remove the bandage and apply direct, firm pressure for 20 minutes. If you have someone at home with you, it may help to lie down and ask them to help you hold pressure. If the bleeding does not stop, please call us.
- Pain Control: We recommend you take 500-1000 mg acetaminophen (1 or 2 Extra Strength Tylenol®), alternating with 400 mg of ibuprofen (Advil®, Motrin®) every three hours as needed. If this does not give you adequate pain relief, please contact us for advice. *Note: Do not take more than 6 Extra Strength Tylenol® (3,000 mg Total) or 2400 mg of ibuprofen in 24 hours.*
- Exercise: Please avoid heavy lifting and exercise for one week.
- Infection: Infection is uncommon but can develop in any wound. Signs of infection are increased pain, drainage, pus, warmth, redness, and swelling with or without a fever >101˚F. If these symptoms occur, please call the office for further instructions.