UNNA BOOT - APPLICATION/REMOVAL

PURPOSE

To apply unna boot therapy to promote healing of ulcer and reduce venous stasis.

POLICY

1. The procedure will be explained to the patient/family by the physician.

2. The patient will be assisted into the exam chair/table and leg elevated on stool.

3. A handwash with an antimicrobial soap is performed by the physician and participating staff prior to the procedure; see Infection Control Policy IC 2.0, Hand Hygiene.

4. Personal protective equipment including fluid resistant mask, gown, and eyewear are worn when splashing of body fluids is anticipated. Clean gloves are worn for this procedure. See the Procedure Policy Manual, A-01-PRO, Asepsis – Principles for Surgical Procedures.

5. The skin is prepped using Chlorhexidine (6 minute scrub or Iodophor (5 minute scrub); see Infection Control Policy IC 22.0, Skin Preparation for Invasive Procedures.

6. The steps in application of the unna boot are as follows:

   A. Start wrapping from inner ankle, making figure eight turns around ankle and foot.

   B. Make overlapping turns as you move up the leg.

   C. Using sterile scissors, cut the bandage or fold it flat (remember the bandage is not elastic).

   D. Continue wrapping up to 1-2 inches below knee. (The boot will be 2 or 3 layers thick).

   E. Cover the boot with 6 inch wrap ace to prevent soiling and to provide additional support.

   F. Check toes for circulation (warmth, pulse, and color).

   G. If boot is too tight, cut off and reapply.

7. If tingling in toes or swelling occurs, instruct patient to remove boot by soaking in warm water and return to hospital.

8. Post procedure and home care instructions, written and verbal, are given to the patient/family by the medical or nursing staff with documentation of education in the medical record. Make sure the patient understands no showers or tub baths are recommended when the boot is used.
9. Sharps are discarded in sharps container.

10. Disposable equipment is discarded in the appropriate trash container.

11. Reusable instruments are placed in CMS container with instrument cleaner and sent to CMS for sterilization. Linen used for procedure is placed in laundry hamper.

12. The work area/exam chair/table is cleaned with hospital approved disinfectant by the nursing staff.

13. Hands are washed after gloves removed.

**EQUIPMENT**

Unna boot kit
Ace bandages
Unsterile clean gloves
Scissors
Sterile scissors

14. The steps in removal of the unna boot are as follows:

   A. Clean gloves are worn after hands are washed with antimicrobial soap.
   
   B. To remove the boot, remove ace bandage and cut away with a sterile pair of bandage scissors.
   
   C. Check again for signs of circulation, impairment, and healing progress of the ulcer.
   
   D. Place discarded unna boot in the appropriate trash container.
   
   E. Place bandage scissors in instrument cleaner container and return to CMS for reprocessing.

**EQUIPMENT**

Scissors
Clean gloves