

"UNNA" WRAP



"UNNA" Wraps are medicated wraps usually applied to the legs, but they can also be used on the arms.

They work two ways. They do contain medication within the wrap which helps wounds to heal. But just as important, a compression wrap is applied over the "UNNA" Dressing which prevents excessive fluid from building up in the affected limb.

Most people who have these wraps applied suffer from excessive fluid retention in the legs. This excessive fluid "gets in the way" of healthy, oxygenated blood and prevents it from reaching a healing wound. By applying gentle compression, this excessive fluid can't get in, but the healthy, oxygenated blood can.

There are a few important things to remember when a wrap is applied...

- 1) Don't get it wet. If the wrap gets wet, excess moisture can make the wound worse. If you accidentally get the wrap wet, simply take it off and call our office so we can schedule to have a new one applied. It's usually necessary to avoid normal showers while undergoing this treatment. One option is to take a bath with your leg elevated above the water. Another option is to use a shower chair with a detachable-type shower head (on low pressure), being careful to keep water away from the wrap area.
- 2) The wrap is intended to apply gentle compression. If you feel that excessive pressure has been applied, please simply remove the wrap and call us. Signs of excessive pressure would be pain, numbness, tingling, or change of skin color.
- 3) We do ask that you keep the wrap on the entire time until we see you again. However, you may remove it the morning before you come in and take a shower as normal. This will allow you to clean the area so that we can re-apply a new bandage to clean skin (if re-application is needed).
- 4) Finally, if for any reason you are unable to keep your follow-up visit due to scheduling conflict, please remember that each wrap is only intended to be used for about a week at most. If you cannot return to see us within 7-8 days, then simply remove it yourself and re-schedule your follow-up with us at your earliest convenience.