

Dr. David Kirlin, DPM

Dr. Ryan Meredith, DPM

Dr. Wagner Santiago, DPM



Soft Cast/Unna Boot

The soft cast provides compression and immobilization which reduces swelling and pain.

- ◆ Keep it dry.
- ◆ Leave the wrapping on for 6–7 days or according to your doctor's instructions.
- ◆ Put a knee high stocking over the wrapping to protect it.
- ◆ While icing the foot, use a towel between the icepack and wrap it to keep it dry.
- ◆ Before your next appointment, make sure to remove the wrapping by unwrapping or cutting the wrap down the side of the leg.

DO NOT GO BAREFOOT

Please call if you have any questions or concerns: (704) 861-0425