Specialty Application for Highly Contoured Leg

Application of 3M™ Coban™ 2 Layer Compression Therapy products can be easily adapted to achieve a conformable, sustained level of compression for a variety of limb sizes and shapes.

Layer 1: The Inner Comfort Layer
With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.

Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.

Cut the wrap and gently press into place.

End the wrap at the fibular head, or just below the back of the heel and even with the top edge of the comfort layer. Cut off any excess material.

Removal
3M™ Coban™ 2 Layer Compression Therapy products may be removed with bandage scissors or by unraveling.

Layer 2: The Outer Compression Layer
Apply this layer at full stretch throughout its application. Hold the roll close to the foot and limb throughout the application for controlled even compression. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

Using the “figure of eight” technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.

If needed for conformity and even coverage, you may cut the compression material and proceed up the foot and leg with individual windings at 50% overlap, making sure to press and conform each subsequent layer.

End the wrap at the fibular head, or just below the back of the knee and even with the top edge of the comfort layer. Cut off any excess material. Gently press and conform the entire surface of the application.

ABPI (Ankle-Brachial Pressure Index)
Use this table as a guide to interpret ABPI values in relation to compression.

<table>
<thead>
<tr>
<th>ABPI</th>
<th>Description</th>
<th>Treatment</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>ABPI &gt; 0.8: Mild ischemia</td>
<td>3M™ Coban™ 2 Layer Compression System</td>
</tr>
<tr>
<td>B</td>
<td>ABPI = 0.5: Moderate ischemia</td>
<td>3M™ Coban™ 2 Layer Lite Compression System</td>
</tr>
<tr>
<td>C</td>
<td>ABPI = 0.5: Severe ischemia</td>
<td>Compression should not be used</td>
</tr>
</tbody>
</table>

Source: Guidelines for the Management of Wounds in Patients with Lower-extremity Arterial Disease, 2002

Conformable Compression That Works

3M™ Coban™ 2 Layer Compression Therapy
Therapy for edema including venous insufficiency and lymphedema

Application and Removal Techniques

3M™ Coban™ 2 Layer Compression System Recommended for Patients with Venous Disease
3M™ Coban™ 2 Layer Lite Compression System Recommended for Patients with Mild Disease
Layer 1: The Inner Comfort Layer

Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.

The next winding runs over the back of the heel. The posterior plantar surface of the foot is not completely covered.

Please note that there may be a small fold of comfort layer material in the Achilles area. Guide this fold off the Achilles and lay it into the adjacent convex area. This fold will lay down smoothly without causing pain or discomfort when covered by the compression layer.

Next, proceed up the leg, to just below the tibial crest, using just enough tension to conform to the shape of the leg.

Cut off excess material.

Light pressure applied at the end of the bandages ensures that it stays in place during application of the compression layer.

Cut off any excess material.

Layer 2: The Outer Compression Layer

Apply this layer at full stretch throughout its application. Hold the roll close to the foot and limb throughout the application for controlled even compression. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

The second circular winding should come across the top of the foot and around the back of the heel.

Using the ‘figure of eight’ technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the curve of the heel. Complete two or three figures of eight around the ankle, ensuring that the entire heel is covered.

Proceed up the leg with 50% overlap to cover the entire inner comfort layer. Maintain consistent stretch throughout the process.

End the wrap at the tibial crest, or just below the back of the knee and even with the top edge of the comfort layer. Cut off any excess material.

Gently press and conform the entire surface of the application. This will ensure that the two layers will bond firmly together, which helps reduce slippage.

Note: If you detect any gaps in the compression layer, you may apply additional compression layer material at full stretch.

For patients with very thin legs that have vulnerable bony prominences such as the tibial crest or the top of the foot, you can provide additional comfort and protection by cutting a piece of the comfort material and placing it over the top of the foot, running it up the leg to protect the tibial crest. This will help to make a silt on each side of the strip to conform at the ankle. Gently press into place.

Removal

Light pressure applied at the end of the bandages ensures that it stays in place during application of the compression layer.

Cut off excess material.

3M™ Coban™ 2 Layer Compression Therapy products may be removed with bandage scissors or by unwrapping.

Note: If you detect any gaps in the compression layer, you may apply additional compression layer material at full stretch.

To learn more about 3M™ Coban™ 2 Layer Compression Therapy products, visit us at www.3M.com/compressionlayer, contact your 3M Skin and Wound Care representative or call the 3M Health Care Customer Helpline at 1-800-384-3677.