



# 3M™ Coban™ 2 for Lymphoedema Compression System

Patient Self-Bandaging – Hand and Arm  
Application Guide

## Patient Self-Bandaging Information

3M are empowering Lymphoedema patients to treat themselves within the privacy and comfort of their home. Your lymphoedema specialist has prescribed 3M™ Coban™ 2 Layer Compression System. This system is designed to provide you with a comfortable, effective method of reducing your swelling. This guide has been written to help you understand the compression system, show you how to apply it to yourself, and, provide useful tips to wear it successfully.

### Coban™ 2 is a compression bandage which consists of just 2 layers.

**Layer 1:** Comfort foam layer- The white foam side is applied against your skin and provides comfort where it is needed. The foam will also grip to your skin, which helps prevent bandage slippage even as your limb reduces in size.

**Layer 2:** Compression layer – this layer is applied over the foam layer and bonds to it providing the compression that is necessary to reduce your swelling.

#### The benefits of self-bandaging include:

- ▶ **Flexibility:** You can bandage yourself at home anytime without relying on your therapist.
- ▶ **Independence:** Give your limb the best support whilst maintaining your mobility.
- ▶ **Confidence:** You can be confident in the knowledge that the technology used in Coban™ 2 Compression systems provides effective therapy but is comfortable.

Coban 2 Compression Systems should only be used under supervision of a health care professional after full consultation, assessment and instructions. Please check with your health care professional that you are suitable for compression therapy before commencing bandaging. Wrapping too tightly may impair circulation. Monitor the area of application frequently for signs of discolouration, pain, numbness, tingling, or other changes in sensation and swelling. If these symptoms occur, remove Coban 2 Compression System and promptly contact your health care professional. Please also refer to the Patient Care instructions sheet available from your health care professional.

Your local therapist is: \_\_\_\_\_

Contact details: \_\_\_\_\_

Information as well as videos and application tips can be found on our website, under the patient self-bandaging section.

Australia: [www.coban2.com.au](http://www.coban2.com.au)  
New Zealand: [www.coban2.co.nz](http://www.coban2.co.nz)

Please contact your therapist for printed copies of this application guide.

#### NOTES:

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## Items Required



- ▶ 3M™ Coban™ 2 Lite Comfort Foam Layer - 10cm (for use on hand and arm)
- ▶ 3M™ Coban™ 2 Lite Compression Layer - 10cm (for use on hand and arm)
- ▶ 3M™ Coban™ 2 Lite Compression Layer - 2.5cm (for use on fingers)
- ▶ 3M™ Cavilon™ No Sting Barrier Film
- ▶ A moisturiser such as 3M™ Cavilon™ Durable Barrier Cream
- ▶ 3M™ Micropore™ Tape
- ▶ Bandage scissors
- ▶ Mirror
- ▶ Templates for the elbow and finger protectors
- ▶ Pen

## Preparation and Positioning

**Important: Maintain your arm in a thumbs up, relaxed position.**

Protect your skin from sweat and friction with 3M Cavilon No Sting Barrier Film. Apply to clean dry skin before moisturising. Apply to inner elbow and between fingers.

Allow to dry for 30 seconds. Wash hands before bandaging. Cut pieces of Micropore tape ready for use.

Take the Coban 2 Lite 10cm Comfort Foam Layer and cut out the elbow and finger protectors using the template provided.



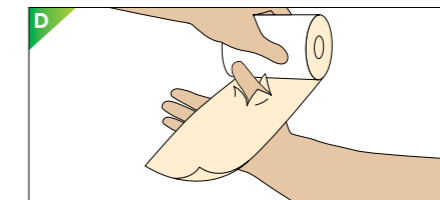
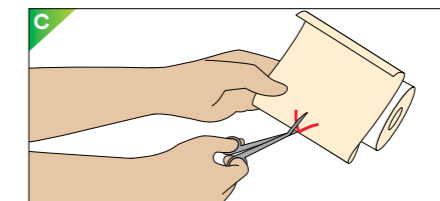
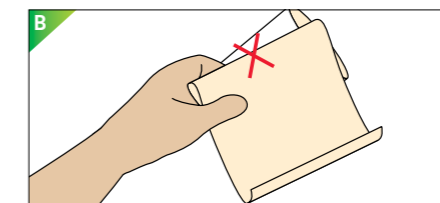
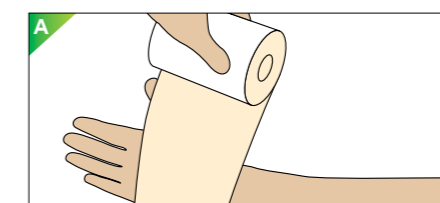
For finger bandaging, take the Coban 2 Lite 2.5cm Compression Layer and cut five 12cm strips.

## Application of Comfort Foam Layer to Hand and Arm

### STEP 1

Take Coban 2 Lite 10cm Comfort Foam Layer

- a. Measure across the back of your hand to the base of your thumb.
- b. Pinch and fold
- c. Cut a small cross
- d. Pass your thumb through the hole to check for comfort. Cut larger as required.



### STEP 2

Repeat step 1, using the Coban 2 Lite 10cm Compression Layer.



### STEP 3

Stick 2 or 3 pieces of Micropore Tape on the top and bottom edges of the elbow protector piece.



**STEP 4**

Take roll of Comfort Foam Layer and pass your thumb through the cross shaped hole.



**STEP 5**

Wrap the short end across the back of the hand. Tuck underneath little finger. Continue winding bandage underneath palm of the hand and over the back of the hand and across the wrist.



**STEP 6**

Continue to wind the bandage up the arm in a circular winding towards the elbow, with small overlaps.

**Remember: do not pull tightly on this layer and keep arm in a relaxed thumbs up position**



**STEP 7**

Pause at the elbow and stick the elbow protector piece to the inside of your elbow, using the tape to hold into place. Continue rolling the bandage up the arm. Remove the tape as you cover the elbow.



**STEP 8**

Continue winding up the arm in a circular fashion until you reach the top of the arm. Cut and press gently up and down the bandage to ensure it sticks to itself. Use tape as required. Use mirror to check all areas are covered.

## Finger Application



**STEP 9**

Place third and fourth fingers through the finger protector piece and press gently into place. Use tape as required.



**STEP 10**

**Remember: do not pull tightly on the finger bandage.**

Take the 2.5cm Compression Layer roll. Start at the base of the thumb on the back of the hand. Wind around the hand and back to the thumb.



**STEP 11**

Bring the bandage towards the nail of the thumb, when just below the nail tip direct the bandage back towards the hand. Start winding in a circular fashion with a half overlap, winding back down the finger towards the hand. Press gently.



## Finger Application (continued)



**STEP 12**

Take the bandage across the back of the hand and roll towards the little finger. Wind underneath the palm of the hand, and back around towards the thumb. Then direct the bandage towards the little finger and towards the nail.

When just below the nail tip, direct bandage back towards the hand. Start winding in a circular fashion with a half overlap. Wind back down the finger towards the hand. **Remember, do not pull the bandage. Press gently.**



**STEP 13**

Take the bandage across the back of the hand and roll towards the little finger.

Wind underneath the palm of the hand, and back around towards the thumb. Then direct the bandage towards the index finger and towards the nail. When just below the nail tip, direct bandage back towards the hand. Start winding in a circular fashion with a half overlap. Wind back down the finger towards the hand.

**Remember: do not pull the bandage. Press gently.**



**STEP 14**

Take the bandage across the back of the hand and roll towards the little finger.

Wind underneath the palm of the hand, and back around towards the thumb. Then direct the bandage towards the fourth finger and towards the nail. When just below the nail tip, direct bandage back towards the hand. Start winding in a circular fashion with a half overlap. Wind back down the finger towards the hand.

**Remember: do not pull the bandage. Press gently.**



**STEP 15**

Take the bandage across the back of the hand and roll towards the little finger.

Wind underneath the palm of the hand, and direct between index finger and thumb. Wind around the hand, underneath the palm and back towards the thumb.

**Remember: do not pull the bandage. Press gently.**



**STEP 16**

Direct the bandage towards the middle finger and towards the nail. When just below the nail tip, direct bandage back towards the hand. Start winding in a circular fashion with a half overlap. Wind back down the finger towards the hand. Wind around the hand, cut and press gently.



**STEP 17**

Take one of the pre-cut strips of Coban 2 Lite 2.5cm Compression Layer and place gently between the little finger and fourth finger from the palm side. Press gently. Turn hand over and rest on table.

Press gently on the back of the hand. Do not pull or stretch the bandage down between the fingers. Gently press to the sides of the fingers to ensure a glove like application.

Repeat this step and place strips between the other fingers.

Take the fourth strip and cover any gaps around the little finger. Press gently.



**STEP 18**

Take the fifth strip and place between the thumb and index finger from the palm side. Press gently. Turn hand over and rest on table. Press gently on the back of the hand. Do not pull or stretch the bandage down. Gently press.

## Application of Compression Layer to Hand and Arm (cont'd)



### STEP 19

- a. Take the compression layer and place thumb through the pre-made hole, with the short side across the back of the hand. Stretch short piece across the back of hand and tuck underneath. Press gently.



- b. Stretch the bandage across the palm and press gently.



- c. Direct the bandage across the back of the hand, stretching the bandaging in a circular winding around the wrist and up the arm.

**Remember: keep hand and arm in a thumbs up relaxed position.**

### STEP 20

Continue to stretch and wind the bandage up the arm with a half overlap. Cut the bandage at the top of the arm. Gently press all over to ensure firm application.

Check for any gaps with a mirror. Gaps can be covered with strips of compression layer pressed into place. Mark where the bandage finishes with a pen or tape to help with removal. Move arms and fingers to ensure comfort and mobility. Once completely finished, apply a thin layer of moisturiser over the bandage as this will reduce any tackiness to help with dressing.

For showering, a plastic cover can be used over the bandage. Speak to your healthcare professional.

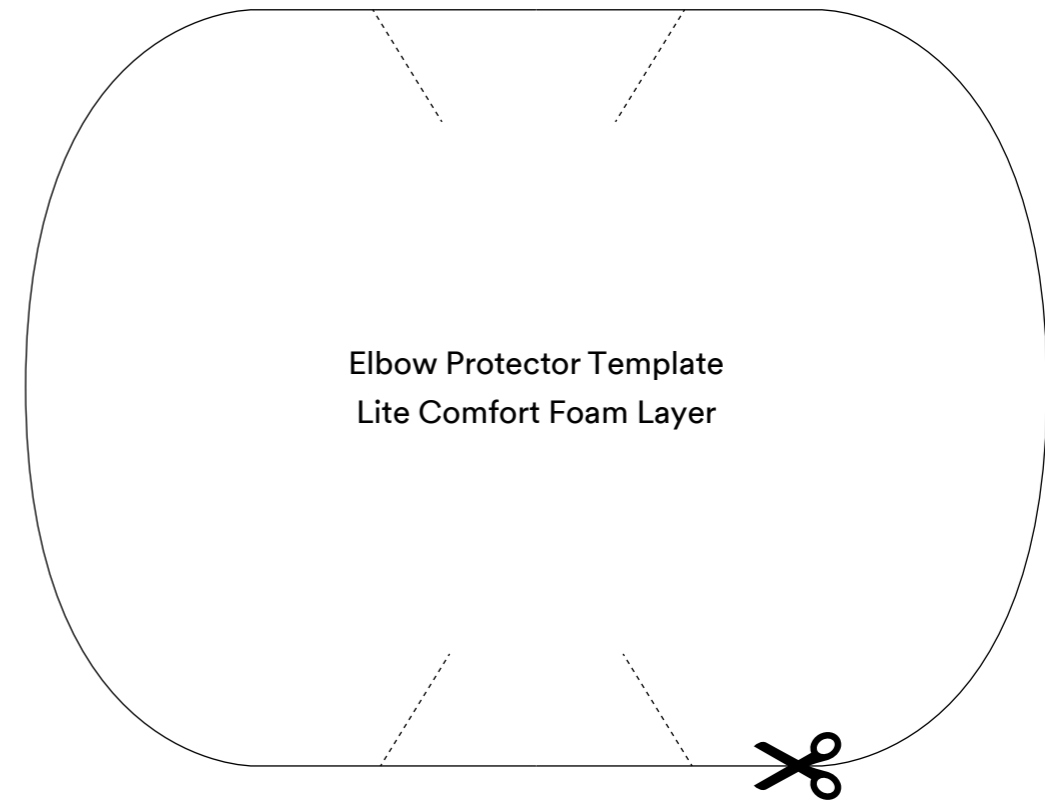


## Bandage Removal

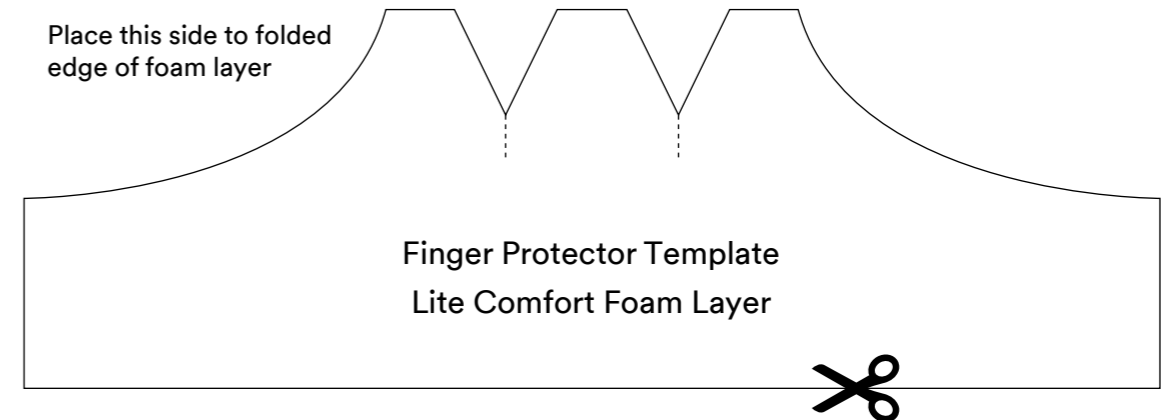


To remove, unwind the Compression Layer starting from upper arm. Unwind Comfort Foam Layer. Gently unwind the finger bandages.

## Hand and Arm Application Templates



Place this side to folded edge of foam layer



Finger Protector Template  
Lite Comfort Foam Layer



Finger Bandage Strips Template  
Lite Compression Layer



Micropore Tape Strips

**3M**

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