



3M™ Coban™ 2 for Lymphoedema Compression System

Patient Self-Bandaging – Leg and Individual Toe 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
New Zealand: www.coban2.co.nz

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

NOTES:

Items Required



- ▶ 3M™ Coban™ 2 Comfort Foam Layer - 10cm (for use on lower leg)
- ▶ 3M™ Coban™ 2 Compression Layer - 10cm (for use on lower leg)
- ▶ 3M™ Coban™ 2 Comfort Foam Layer - 15cm (for use on thigh)
- ▶ 3M™ Coban™ 2 Compression Layer - 15cm (for use on thigh)
- ▶ 3M™ Coban™ 2 Compression Layer - 10cm (for use on lower leg)
- ▶ 3M™ Coban™ 2 Compression Layer - 2.5cm (for use on toes)
- ▶ 3M™ Cavilon™ No Sting Barrier Film
- ▶ A moisturiser such as 3M™ Cavilon™ Durable Barrier Cream
- ▶ 3M™ Micropore™ Tape
- ▶ Bandage scissors
- ▶ Mirror
- ▶ Templates for the knee and toe protectors
- ▶ Pen

Preparation and Positioning

Important: Apply the lower leg bandage in a sitting relaxed position. For thigh application, a standing position is recommended.

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

Apply to behind knee and between toes. Allow to dry for 30 seconds.

Wash hands before bandaging. Cut pieces of Micropore tape ready for use. Take the Coban 2 Comfort Foam Layer and cut out the knee protector using the template provided.



Application of Comfort Foam Layer to Lower Leg

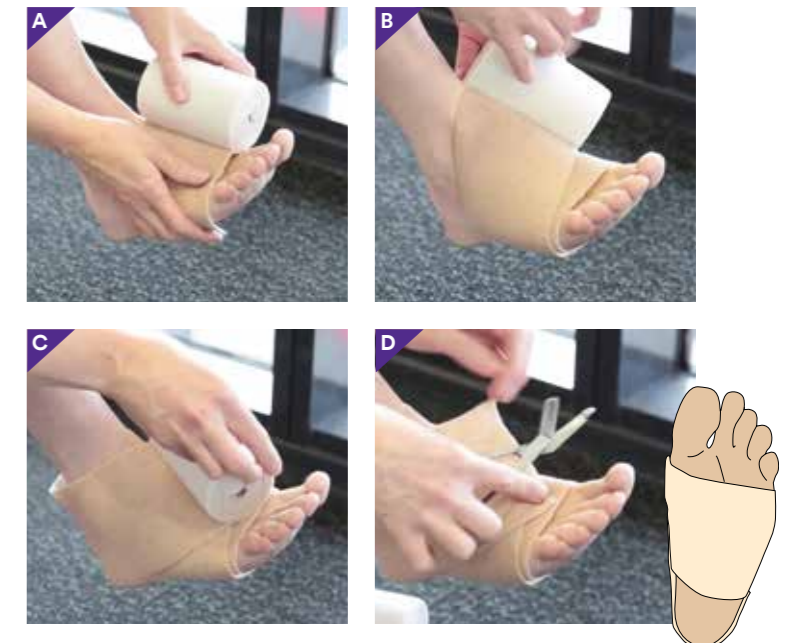
STEP 1

Position your foot in a natural walking position. Take Coban 2 Comfort Foam Layer - 10cm.

Remember: do not pull tightly on the comfort foam layer and this layer is applied foam (white) side to skin.

- a. Start the bandage just below the little toe, roll the bandage across the top of the foot towards the big toe.
- b. Direct the bandage around the foot in a circular winding and then across the foot towards the ankle.
- c. Bring the bandage around the back of the heel and finish at the top of the foot.
- d. Cut and press gently in place. Note: bandage should not cover the heel. See illustration.

If you are not bandaging the toes, **go to step 8.**



Individual Toe Application



STEP 2

Take 2.5cm Coban 2 Lite Compression Layer. Start the bandage just below the big toe. Roll across the foot towards the little toe and wrap around underneath foot.

Remember: do not pull tightly on this 2.5cm Lite Compression Layer.



STEP 4

Direct the bandage towards the little toe and complete a circular winding around the foot and back towards the top of the foot.

Direct bandage toward the top of the fourth toe. When just below the nail, direct the bandage back towards the foot in a circular winding with a half overlap.

Press gently.



STEP 6

Direct the bandage towards the little toe and complete a circular winding around the foot and back towards the top of the foot. Direct bandage toward the top of the third toe. When just below the nail, direct the bandage back towards the foot in a circular winding with a half overlap.

Press gently.



STEP 3

Direct bandage toward the top of the big toe. When just below the nail, direct the bandage back towards the foot in a circular winding with a half overlap.

Press gently.



STEP 5

Direct the bandage towards the little toe and complete a circular winding around the foot and back towards the top of the foot. Direct bandage toward the top of the second toe. When just below the nail, direct the bandage back towards the foot in a circular winding with a half overlap.

Press gently.



STEP 7

Complete one circular winding around the foot and cut.

Press gently.



STEP 8

Take the 10cm Comfort Foam Layer and start with a slight overlap where the bandage finished at the ankle.

Remember: do not pull tightly on this Comfort Foam Layer.



STEP 9

Complete circular windings up the leg and around the calf towards the knee. Ensure small overlaps where possible. Finish the bandage 2 finger widths below the crease at the back of the knee. Cut bandage and tape as required.

Press gently.

Application of Comfort Foam Layer to Lower Leg (continued)



STEP 10

Position your foot in a natural walking position. Take the 10cm Compression Layer. This layer is applied fully stretched but close to your leg.

a. Start the bandage just below the little toe, roll the bandage across the top of the foot towards the big toe.



b. Direct the bandage around the foot in a circular winding and then across the foot towards the ankle.



c. Bring the bandage around the back of the heel and onto the top of the foot, and back underneath the heel.

d. Repeat step (b) and (c) to ensure the heel is covered, with no gaps.

e. Press gently.



STEP 11

Direct the bandage across the foot and towards the ankle. Wind the bandage up the leg with half overlap.

Ensure bandage is fully stretched and finish at 2 finger widths below the knee crease and just below the foam layer.



STEP 12

Cut and press gently.

Check with the mirror for any gaps. Gaps can be covered with strips of compression layer.

Press gently into place.

Thigh Application



STEP 13

It is recommended to be in a standing position and to place a roll of bandage underneath the heel. This is to ensure a flexed knee for comfort.



STEP 14

For additional protection and comfort, the knee protector can be placed to the back of the knee. Secure with tape as required.



STEP 15

Take the 15cm Comfort Foam Layer and position the middle of the bandage over the knee. Ensure there is overlap onto the bandage below.

Complete a circular winding around the knee and up the thigh.



STEP 16

Complete a circular winding around the knee and up the thigh. Ensure small overlaps where possible. Do not pull tightly. Finish the bandage at the top of the thigh. Complete a second winding at the top of the thigh to reduce the risk of rolling edges. Cut and press gently. Use tape as required to hold.

Check in mirror for any gaps.



STEP 17

Take the 15cm Compression Layer and position the middle of the bandage over the knee. Ensure there is overlap onto the bandage below.



STEP 18

Complete a circular winding around the knee and up the thigh. Wind the bandage up the thigh with half overlap. Ensure bandage is fully stretched and close to your leg. Finish the bandage at the top of the thigh. Cut and press gently. Use tape as required to hold.

Mark where the bandage finishes to help with removal. Check in mirror for any gaps. Gaps can be covered by taking a piece of the Compression Layer and press into place.

Move leg and foot 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.



STEP 19

To help with putting on your shoe, use a sock or light nylon stocking.

Leg Application Templates



Knee Protector Template
Comfort Foam Layer



Micropore Tape Strips

Bandage Removal



STEP 20

To remove, unwind the Compression layer starting from the upper leg. Unwind Comfort Foam Layer. Gently unwind the toe bandages if applied.



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