

3M Science.
Applied to Life.™

3M™ Coban™ 2 Compression System

Lymphoedema intensive therapy patient care instructions



**Conformable compression.
Applied to life in motion.**

General tips

It may be helpful to wear thin, stretchable stockings over the top of the bandages or undergarments to minimise ‘tackiness’ of the bandage.

If the bandage has been applied to your foot and leg, take care to prevent the edge of the compression bandage from rolling near your toes as you apply your stockings. If the edge rolls, unfold it or it may create an uncomfortable ridge when you walk.

Select footwear and clothing that is comfortable and allows full range of motion.

Avoid shoes or clothing that are stiff or prevent normal movements. Being able to move normally helps support your movements and lymphatic flow to reduce oedema.

When bathing, protect your bandage from getting wet. If it becomes damp, leave it open to the air until it is dry.

When sleeping, if your compression system sticks to the sheets, it may be helpful to wear lightweight pyjamas or tubular cotton bandage provided by your therapist over the compression system.



Comfort



Simple application



Increased mobility

Your clinician/healthcare provider has applied Coban 2 compression bandage system for your lymphoedema. If you have had bandages in the past you may notice that this bandage system is slimmer and lighter than your previous treatment.

What is Coban 2 compression system?

Coban 2 compression system works in a different way to other bandages. It consists of just two layers which are slim and discreet.

The **comfort layer** is a foam bandage that gently holds fast to the skin. This helps prevent slippage as your limb reduces in size.

The **compression layer** applies compression and this helps fluid to reabsorb back into your circulation, helping to reduce the size of your limb.

How does it work?

The two layers bond together with the warmth of your body, to form a semi rigid sleeve, rather like a flexible cast. This makes the bandages stiff and helps the fluid in the area reabsorb, but also allows you to move as normal and exercise which, in turn, helps with the management of your lymphoedema.

The bandage is designed to allow you to move and stretch and bend whilst you are wearing it. This is important for activities around the house and at work, but also helps move the excess fluid back into the body naturally. Exercise is very beneficial for your lymphoedema.

How long will I need to wear the bandages?

This will depend upon your clinician's assessment. Treatment can vary between two and six weeks.

How often will the Coban 2 system need to be changed?

According to research, the bandages work best if applied twice a week. This may be altered at the discretion of your clinician.

Are there any signs I should look out for?

Yes. If you experience any of the following symptoms please contact your clinician as soon as possible:

- Pain, numbness or tingling sensation
 - Blue or white fingers/toes
 - Redness or rubbing
 - Excessive itching or soreness under the bandage
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Please note that due to the close fitting nature of this bandage, if you need to remove it, bandage scissors should be used or the layers unwound.

Do not try and remove with normal scissors as this could result in injury.



Is Coban 2 system waterproof?

Unfortunately, Coban 2 system is not waterproof. If you need to shower then products can be recommended by your clinician to fit over your bandage to keep it dry. Alternatively, a plastic bag secured with tape can help keep the limb dry.

What should I do if Coban 2 system becomes wet?

Pat dry with a towel and allow the air to circulate and dry the area. If the bandage becomes soaking wet, then this will need to be removed and reapplied to prevent the skin beneath becoming soggy.

Will my clinician still be able to moisturise my skin before applying Coban 2 system?

Yes. We recommend that moisturisers are used to help maintain elasticity in the skin, but they should be used sparingly, in order not to clog the skin pores.

Why are the bandages slightly sticky?

These are cohesive bandages meaning they stick to each other to help the 'bonding' process. They can sometimes stick to clothes and sheets. To prevent this, patients can wear pyjamas in bed or tubular cotton bandages over leg bandages.



To learn more about Coban 2 Compression System, and to see patient testimonials, please visit our website www.3M.co.uk/medical

Appointment details

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