

3M™ Coban™ 2 Two-Layer Compression System

Practical Tips

- For effective compression therapy, apply bandages to a relaxed muscle/limb, in the correct anatomical position.
- Avoid wrapping the comfort foam layer with too much tension. Hold the roll close to the limb and apply this layer with just enough tension to conform smoothly. Stretching the material onto the skin increases the mechanical grip and friction on the skin.
- To help stop the arm and thigh bandages from rolling down, apply the comfort layer twice around the top of the arm or thigh.
- For additional stability or comfort in the elbow crease, an extra piece of comfort foam layer can be applied longitudinally to reduce friction in this area.
- When applying comfort foam layer and compression layer to the knee and elbow, always ensure that the joints are slightly flexed and the middle of the bandage covers the articulating surface (avoid bandage edges along crease).
- When applying bandages across the ankle, always ensure that the patient's foot is supported at a 90° angle to the leg. This helps prevent "digging" into the tissues which may cause discomfort.
- Coban 2 Compression System is cohesive and will stick to itself. If the patient has a bilateral condition requiring bandages on both legs, cover one or both with stockinette or similar product. This will prevent their legs from sticking together.
- Apply stockinette or similar product over the top of the arm bandage to aid in clothing donning and doffing.
- For additional comfort in the thumb webbing, apply a double layer of comfort foam layer.
- To prevent maceration between the toes: after cleansing and drying the interdigital spaces, apply 3M™ Cavilon™ No Sting Barrier Film. Allow the film to dry completely. Use pieces of comfort foam layer to separate toes as needed.
- If a fungal infection occurs, antifungal creams are not recommended due to the potential to add moisture and create maceration. If an area of ulceration develops, follow your protocols for wound management.
- To soften areas of fibrosis, put an extra strip of compression layer at full stretch over the top of the first layer for extra stiffness.
- The layers of Coban 2 Compression System "bond" to each other, so scissors need to be used for their removal. Use bandage scissors. Cut down and away from skin, avoiding bony prominences.
- Dipping the scissor tips into body lotion allows for comfortable and easy bandage removal.
- To remove the hand bandages, cut up to the metacarpal joints then ask the patient to remove the finger bandages. Finger bandage scissors are also available.
- Waterproof protectors are available online or in pharmacies and may be worn to protect hand and arm bandages from water when washing.

Note: These practical tips are meant to be in addition to the Instructions for Use.