

# 3M™ Coban™ 2 Lite Two-Layer Compression System Application for the Hand and Arm

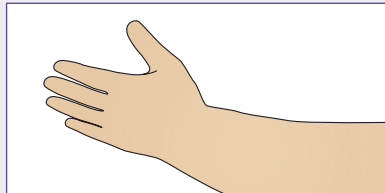
## Materials & Positioning

Select the 4 inch (10 cm) 3M™ Coban™ 2 Lite Comfort Foam Layer and 3M™ Coban™ 2 Lite Compression Layer for most hands and arms. **NOTE: Always ensure, when bandaging limbs, that the bandage is applied with the muscles relaxed. This helps the system to work better when the muscles flex after application.**

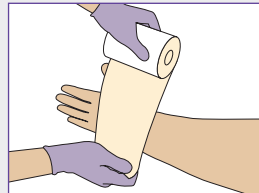
## Application of Coban 2 Lite Comfort Foam Layer to Hand and Arm

### Layer 1 Coban 2 Lite Comfort Foam Layer

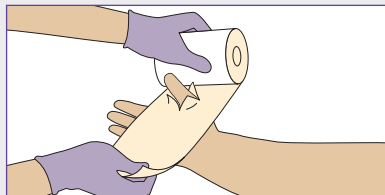
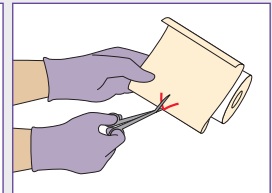
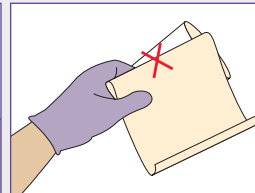
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the arm with **minimal overlap**.
- Cover the skin with as thin a layer as possible with no gaps.



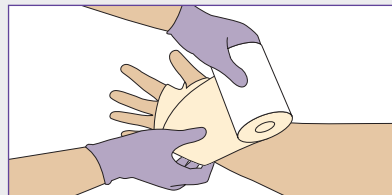
**Step 1:** Position the hand and arm in a neutral position (neither pronated nor supinated) with the thumb pointing upward.



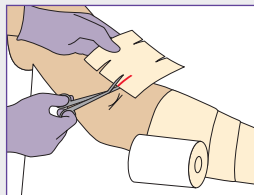
**Step 2:** To create a thumb opening, measure the bandage from the lateral edge to the thumb. Fold the bandage at the measured length and cut an X-shaped slit in the middle of the bandage.



**Step 3:** Apply the comfort layer from the lateral dorsum of the hand with the thumb positioned through the slit.



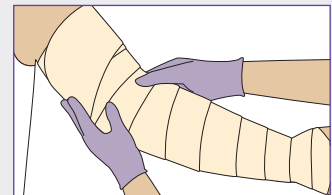
**Step 4:** Wind the roll under the palm ensuring the top of the bandage is placed at the base of the 5th finger. Bring the next winding over the dorsum of the hand to the base of the thumb and continue with circular windings up the arm with minimal overlap, molding to the anatomy.



**Step 5:** An additional piece of comfort layer prepared with edge slits for conformability may be used for comfort in the antecubital fossa area. Ensure the arm is in a flexed position and make sure that no bandage edge lies along the elbow crease.



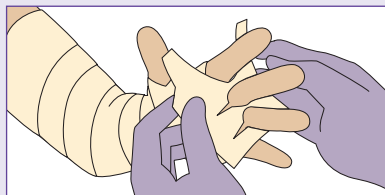
**Step 6:** Continue with circular windings and minimal overlap. Finish with a 2nd circular winding at the top of the arm for additional stability.



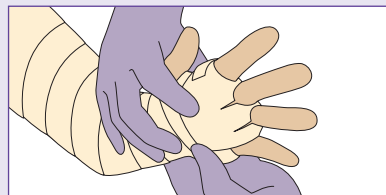
**Step 7:** Mold the bandage to conform to the anatomy.

## Application of Coban 2 Lite Comfort Foam Layer to Fingers

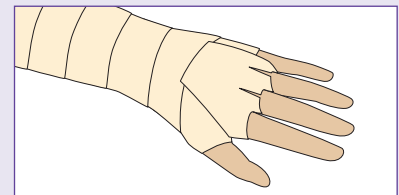
- For additional inter-digital comfort, a web spacer may be used prior to finger bandaging.



Apply the web space protector with the 3rd and 4th finger through the openings.



Overlap and mold the edges in the thumb web space.



Mold the layers together to conform to the shape of the hand. Follow your facility policies and procedures for hand and finger wrapping.

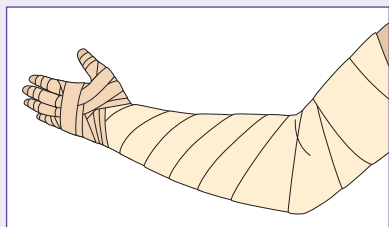
# 3M™ Coban™ 2 Lite Two-Layer Compression System Application for the Hand and Arm (cont.)

## Application of 3M™ Coban™ 2 Lite Compression Layer to Hand and Arm

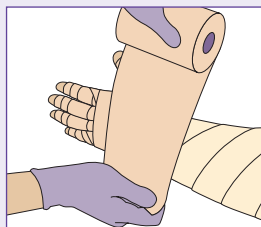
### Layer 2

### Coban 2 Lite Compression Layer

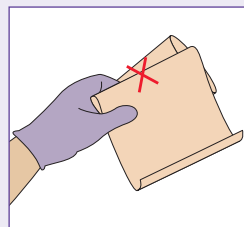
- Apply even compression with at least two layers. Even compression is best achieved when the material is applied at full stretch.
- It is recommended that you hold the roll close to the hand and limb throughout the application for controlled, even compression.
- If “bulges” are noted after the application, apply additional compression layer until the limb appears smooth.



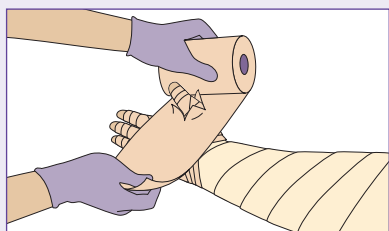
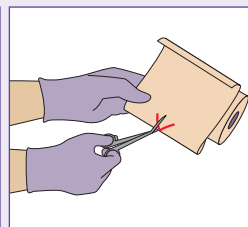
**Step 8:** Position the hand and arm in a neutral position (neither pronated nor supinated) with the thumb pointing upward.



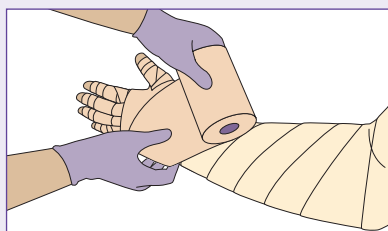
**Step 9:** Measure the bandage from the lateral edge of the hand to the thumb.



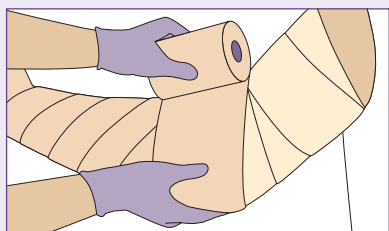
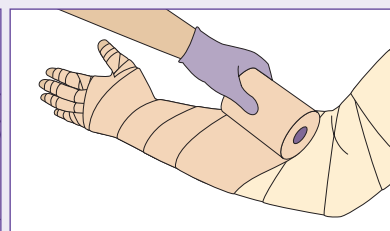
**Step 10:** Fold the material and cut an X-shaped slit in the middle of the bandage.



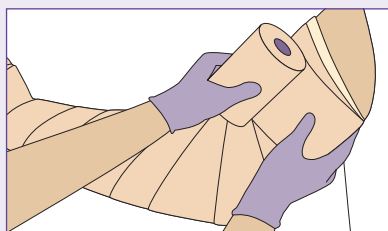
**Step 11:** Apply the compression layer from the lateral dorsum of the hand with the thumb positioned through the slit. Apply full stretch to both ends of the bandage to ensure even compression.



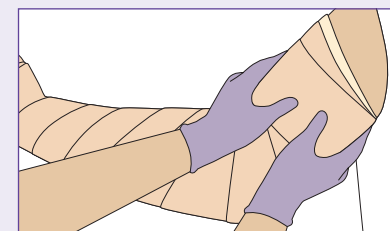
**Step 12:** Wind the bandage around the hand to the base of the thumb at full stretch and proceed up the arm, medial to lateral, with circular windings and 50% overlapping layers.



**Step 13:** When crossing the elbow, ensure that it is slightly flexed and that the elbow crease is centered in the middle of the bandage.



**Step 14:** Continue to apply at full stretch with 50% overlaps to the top of the arm.

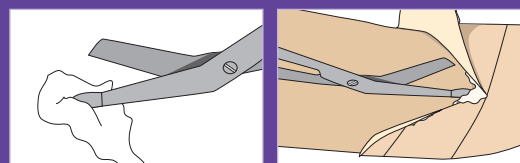


**Step 15:** Mold the bandage to conform to the anatomy.

**NOTE:** Refer to the Instructions for Use for complete information related to the use of the Coban 2 Lite Compression System.

### Bandage Removal

Dipping the scissor tips into cream allows comfortable and easy bandage removal.



Medical Solutions Division  
3M Health Care  
2510 Conway Avenue  
St. Paul, MN 55144 USA

1-800-228-3957  
www.3M.com/Medical

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