

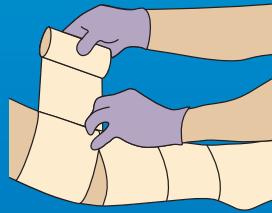


Top Tips for applying 3M™ Coban™ 2 Two Layer Compression System.

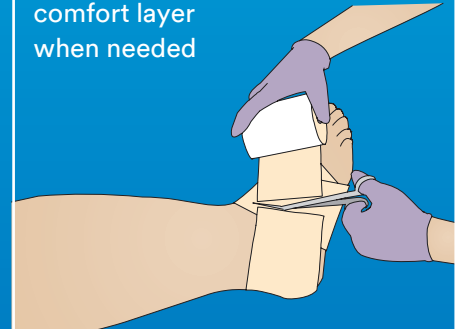
Use minimal cream underneath the comfort layer to maximise mechanical hold, and change gloves after moisturising as cream on gloves can reduce bandage adherence



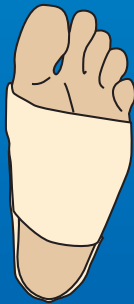
Apply comfort layer always starting at 5th metatarsal head and apply slight stretch to assist conformability. Consider using the follow the roll technique to aid limb shaping



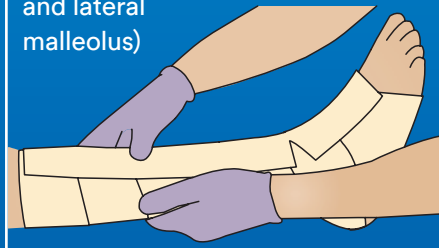
Cut and / or fold comfort layer when needed



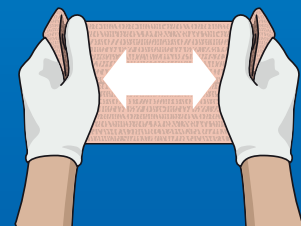
Leaving the heel area exposed from comfort layer ensures a low profile and allows patients to wear their own footwear



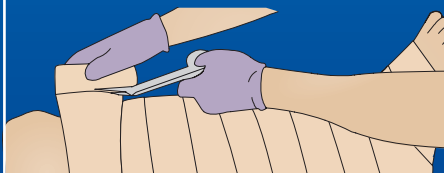
Cut a patch of comfort layer and place on any areas that need extra protection (e.g tibial crest, medial and lateral malleolus)



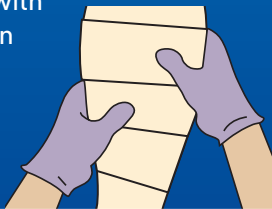
Apply compression layer at 100% stretch and 50% overlap



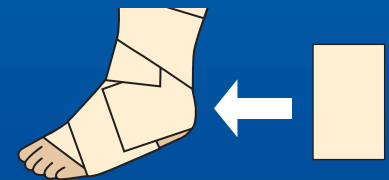
Hold the compression barrel close to the limb, with barrel facing upwards, starting at the 5th metatarsal head



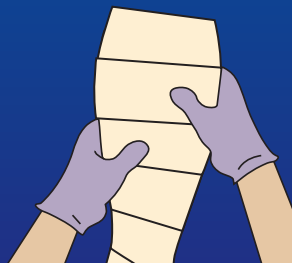
Conform the bandage by using the warmth from your hands and light pressure - two layers turns into one. Soft spot points can be reinforced with compression patches if necessary



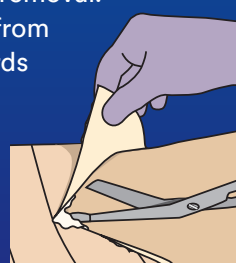
Prevent "shufflers" from wearing through bandage by cutting and reinforcing the heel with an extra piece of compression layer



Rub a small handful of alcohol gel over bandage to reduce tackiness



Dip blunt scissors in alcohol gel or moisturiser to help scissors glide assisting removal. Cut in zig zag from knee downwards



Application guides and videos on the 3M website:
www.3M.co.uk/coban

