



**3M** Science.  
Applied to Life.™

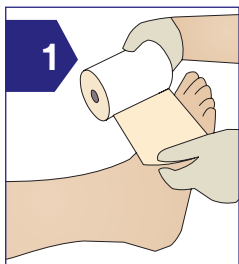
# 3M™ Coban™ 2 Two-Layer Compression Systems

Application and Removal Pocket Guide

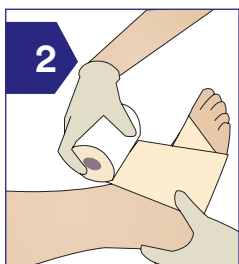
# Basic Application

## Layer 1

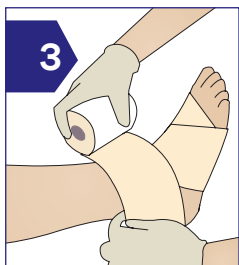
### The Inner Comfort Layer



Apply with the foam side against the skin, using just enough tension to conform to the shape of the leg with **minimal overlap**. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.

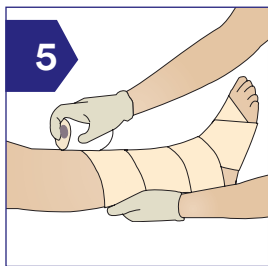


The next winding runs over the back of the heel. The posterior plantar surface of the foot is not completely covered.

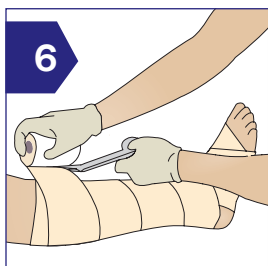


There may be a small fold of comfort layer material in the Achilles area — guide this fold off the Achilles and lay it into the adjacent convex area. This fold will lay down smoothly without causing pain or discomfort when covered by the compression layer.

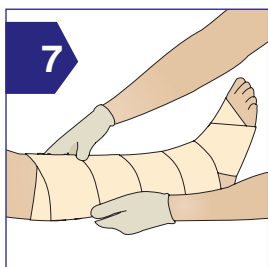
Application and removal instructions are the same for both 3M™ Coban™ 2 Two-Layer Compression System and 3M™ Coban™ 2 Lite Two-Layer Compression System.



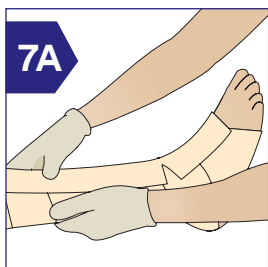
Proceed up the leg to just below the fibular head, or just below the back of the knee, with **minimal overlap**. Use just enough tension to conform to the shape of the leg.



Cut off excess material.



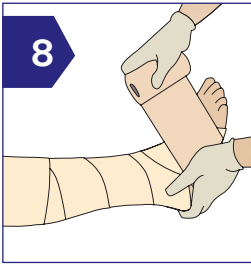
Apply light pressure at the end of the bandage to ensure that it stays in place during application of the compression layer.



For patients with vulnerable bony prominences such as the tibial crest or the top of the foot, cut a piece of the comfort material and place it over the top of the foot, running it up the leg to protect the tibial crest. Make a slit on each side of the strip to conform at the ankle. Gently press into place.

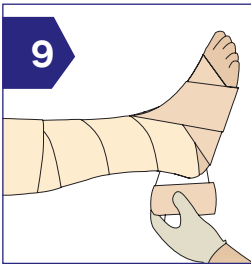
## Layer 2

## The Outer Compression Layer

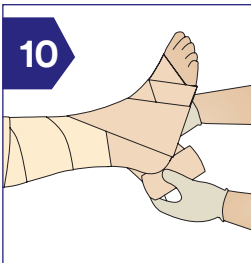


### Apply at full stretch.

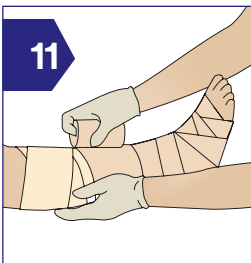
Hold the roll close to the foot and limb throughout the application for controlled, even compression. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



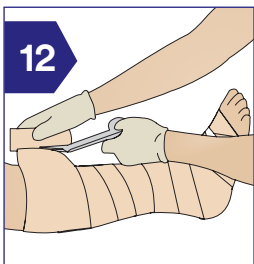
The second circular winding should come across the top of the foot and around the back of the heel.



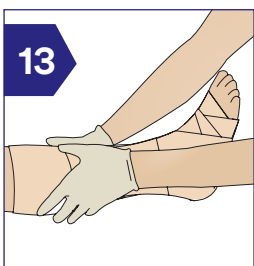
Using the “figure of eight” technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the back of the heel. Complete two or three figures of eight around the ankle, ensuring that the entire heel is covered.



Proceed up the leg with 50% overlap to cover the entire inner comfort layer. Maintain consistent stretch throughout the process.

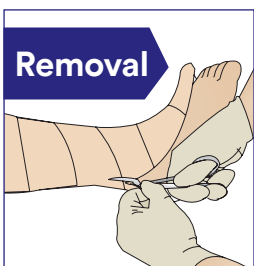


End the wrap at the fibular head, or just below the back of the knee, and even with the top edge of the comfort layer. Cut off any excess material.



Gently press and conform the entire surface of the application. This will ensure that the two layers will bond firmly together, which helps reduce slippage.

If you detect any gaps in the compression layer, you may apply additional compression layer material at full stretch.



3M™ Coban™ 2 Two-Layer Compression Therapy products may be removed with bandage scissors or by unwrapping.

For patients less tolerant of compression, consider using 3M™ Coban™ 2 Lite Two-Layer Compression System.

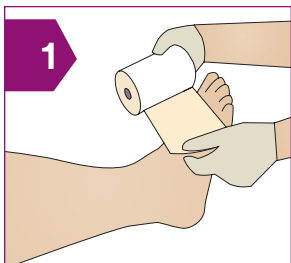
To learn more about 3M™ Coban™ 2 Two-Layer Compression Systems, visit [3M.ca/coban2layer](https://www.3M.ca/coban2layer), contact your local 3M Account Representative, or call the 3M Health Care Customer Helpline at 1-800-364-3577.

# Application for a Highly

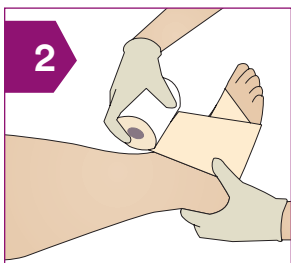
## Layer 1

### The Inner Comfort Layer

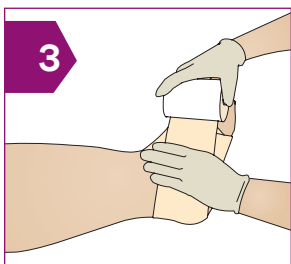
Application of 3M™ Coban™ 2 Two-Layer Compression System can be easily adapted to achieve a conformable, sustained level of compression for a variety of limb sizes and shapes.



With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

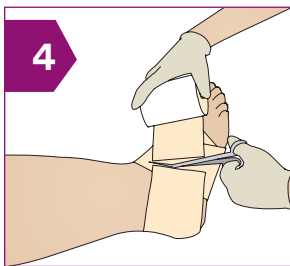


The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.

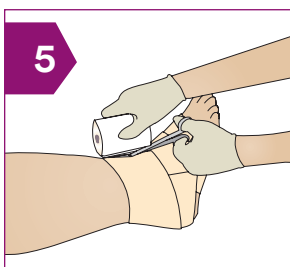


Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.

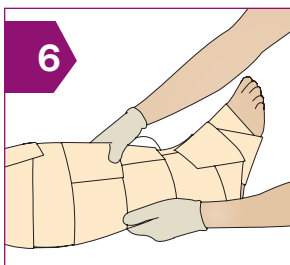
# Contoured Leg



Cut the wrap and gently press into place.



Apply the next winding by starting the roll at the previous cut edge. With minimal overlap, wind the wrap around the leg. Cut it when it overlaps the underlying material.

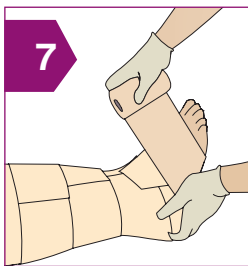


Proceed up the leg with individual windings using the same technique. End the application at the fibular head, or just below the back of the knee. Cut off excess material. Apply light pressure at the end of the bandage and down the leg to ensure that it stays in place during application of the compression layer.

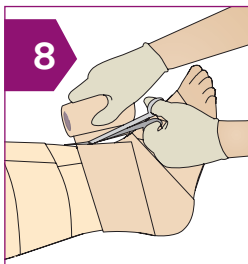
For patients less tolerant of compression, consider using 3M™ Coban™ 2 Lite Two-Layer Compression System.

## Layer 2

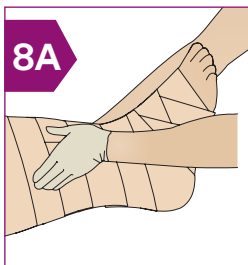
## The Outer Compression Layer



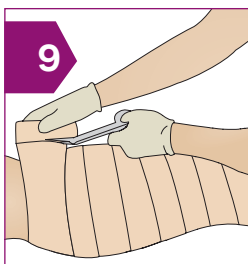
Apply this layer at full stretch throughout its application. Hold the roll close to the foot and limb throughout the application for controlled, even compression. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



Using the “figure of eight” technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.

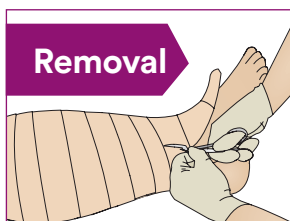


If needed for conformability and even coverage, you may cut the compression material and proceed up the foot and leg with individual windings at 50% overlap, making sure to press and conform each subsequent layer.



End the wrap at the fibular head, or just below the back of the knee and even with the top edge of the comfort layer. Cut off any excess material. Gently press and conform the entire surface of the application.





3M™ Coban™ 2 Two-Layer Compression System may be removed with bandage scissors or by unwrapping.

## ABPI (Ankle-Brachial Pressure Index)

Use this table as a guide to interpret ABPI values in relation to compression.

		Brachial Systolic Pressure (mmHg)												
		100	110	120	130	140	150	160	170	180	190	200		
Ankle Aystolic Pressure (mmHg)	20	0.20	0.18	0.17	0.15	0.14	0.13	0.13	0.12	0.11	0.11	0.10	Very Severe Ischemia	
	30	0.30	0.27	0.25	0.23	0.21	0.20	0.19	0.18	0.17	0.16	0.15		
	40	0.40	0.36	0.33	0.31	0.29	0.27	0.25	0.24	0.22	0.21	0.20		
		50	0.50	0.45	0.42	0.38	0.36	0.33	0.31	0.29	0.28	0.26	0.25	Severe Ischemia
		60	0.60	0.55	0.50	0.46	0.43	0.40	0.38	0.35	0.33	0.32	0.30	
		70	0.70	0.64	0.58	0.54	0.50	0.47	0.45	0.41	0.39	0.37	0.35	Moderate Ischemia
		80	0.80	0.73	0.67	0.62	0.57	0.53	0.50	0.47	0.44	0.42	0.40	
		90	0.90	0.82	0.75	0.69	0.64	0.60	0.56	0.53	0.50	0.47	0.45	Mild Ischemia
		100	1.00	0.91	0.83	0.77	0.71	0.67	0.63	0.59	0.56	0.53	0.50	
		110	1.10	1.00	0.92	0.85	0.79	0.73	0.69	0.65	0.61	0.58	0.55	Normal
		120	1.20	1.09	1.00	0.92	0.86	0.80	0.75	0.71	0.67	0.63	0.60	
		130	1.30	1.18	1.08	1.00	0.93	0.87	0.81	0.76	0.72	0.68	0.65	
	140	1.40	1.27	1.17	1.08	1.00	0.93	0.88	0.82	0.78	0.74	0.70		
	150	1.50	1.36	1.25	1.15	1.07	1.00	0.94	0.88	0.83	0.79	0.75		
	160	1.60	1.45	1.33	1.23	1.14	1.07	1.00	0.94	0.89	0.84	0.80		
	170	1.70	1.55	1.42	1.31	1.21	1.13	1.06	1.00	0.94	0.89	0.85		
	180	1.80	1.64	1.50	1.38	1.29	1.20	1.13	1.06	1.00	0.95	0.90		
	190	1.90	1.73	1.58	1.46	1.36	1.27	1.19	1.12	1.06	1.00	0.95		
	200	2.00	1.82	1.67	1.54	1.43	1.33	1.25	1.18	1.11	1.05	1.00		

- **ABPI < 0.5: Very Severe and Severe Ischemia**
- Compression should not be used
- **ABPI 0.5–0.8: Moderate and Mild Ischemia**
- 3M™ Coban™ 2 Lite Two-Layer Compression System
- **ABPI ≥ 0.8: Normal**
- 3M™ Coban™ 2 Lite Two-Layer Compression System,
- 3M™ Coban™ 2 Two-Layer Compression System

### Position Statement on the Use of the Ankle Brachial Index in the Evaluation of Patients with Peripheral Vascular Disease. A Consensus Statement Developed by the Standards Division of the Society of Interventional Radiology

ABIs as high as 1.10 are normal; abnormal values are those less than 1.0. The majority of patients with claudication have ABIs ranging from 0.3 to 0.9. Rest pain or severe occlusive disease typically occurs with an ABI lower than 0.50. Indexes lower than 0.20 are associated with ischemic or gangrenous extremities.

Sacks D., MD et al; *J Vasc Interv Radiol* 2003; 14:S389

# Ordering Information

## 3M™ Coban™ 2 Two-Layer Compression System for patients with ABPI ≥ 0.8



Catalog No.	2094N
Roll 1 Comfort Layer	4 in x 2.9 yd (10 cm x 2.7 m)
Roll 2 Compression Layer	4 in x 5.1 yd (10 cm x 3.5 m) <i>Unstretched</i>
Rolls/Box	2 rolls, 1 of each layer
Boxes/Case	8



Catalog No.	2094XL
Roll 1 Comfort Layer	4 in x 3.8 yd (10 cm x 3.5 m) <i>Unstretched</i>
Roll 2 Compression Layer	4 inch x 4.9 yd (10cm x 4.5 m) <i>Unstretched</i>
Rolls/Box	2 rolls, 1 of each layer
Boxes/Case	8



Catalog No.	20096
Roll 1 Comfort Layer	6 in x 3.8 yd (15 cm x 3.5 m)
Roll 2 Compression Layer	6 in x 3.8 yd (10 cm x 3.5 m) <i>Unstretched</i>
Compression Level	High 35-40 mmHg
Rolls/Box	2 rolls, 1 of each layer
Boxes/Case	8

## 3M™ Coban™ 2 Lite Two-Layer Compression System for patients with ABPI ≥ 0.5



Catalog No.	2794N
Roll 1 Comfort Layer	4 in x 2.9 yd (10 cm x 2.7 m)
Roll 2 Compression Layer	4 in x 2.5 yd (10 cm x 2.7 m) <i>Unstretched</i>
Compression Level	Moderate 30-35 mmHg
Rolls/Box	2 rolls, 1 of each layer
Boxes/Case	8



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Medical Solutions Division**  
300 Tartan Drive  
London, ON N5V 4M9  
Canada  
1-800-364-3577  
3M.ca/Medical

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1-800-364-3577

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