

# 3M™ Coban™ 2

## Compression System

### Lymphoedema Intensive Therapy - Patient Care Instructions



Conformable compression that works

Your lymphoedema specialist has applied 3M™ Coban™ 2 Layer Compression System. This system is designed to provide you with a comfortable, effective method of reducing your swelling. This instruction sheet has been written to help you understand the compression system and provide useful tips to wear it successfully.

#### Why Coban 2 Compression System?

Living with lymphoedema or chronic oedema is a balancing act. You want to remain active, but traditional multilayer bandaging can be bulky, stiff and uncomfortable. Coban 2 Compression System is composed of lightweight, flexible materials to allow full range of motion and improved comfort. It is applied twice a week, not daily, so you will have more time to carry on with your life.

#### What is Coban 2 Compression System?

Coban 2 Compression System consists of two layers that, when applied to your limb, adhere together into one comfortable layer. The thin system has been proven to support the muscles that pump the venous and lymphatic fluids to your heart and reduce your swelling.

With its low profile, the bandage also allows you to wear most normal clothing and shoes so you can participate in your daily activities and exercise programme recommended by your therapist. These activities stimulate the muscle pumping mechanisms that stimulate your lymph flow.

#### Discover How It Works

- The first layer has a soft, comfortable foam surface attached to an outer cohesive (slightly sticky) layer. The foam side is applied against your skin and provides comfort where it is needed. The foam will also grip to your skin, which helps prevent bandage slippage even as your limb reduces in size.
- The second layer bonds to the first layer and provides the stiffness and compression that is necessary to reduce your oedema.
- The two layers are lightweight and very breathable, which helps your skin remain dry and comfortable.
- The bandage may be used over creams that have been applied sparingly to moisturise the skin.
- If necessary, this compression system may be used with the wound dressing that has been recommended by your wound care specialist.



There isn't anything I can't do.  
That's how good it is.  
I wouldn't be without it.

-Pat, Coban 2 Compression System user



## 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.

## How long can I wear the Coban 2 Compression System?

- When you first begin compression treatment, it is common to experience a rapid reduction in the swelling of your limb. Your compression system should be changed if it has slid out of position and/or if it is uncomfortable.
- Coban 2 Compression System is recommended to be changed twice weekly until your swelling reduction has stabilised. It may be worn up to 7 days as determined by your therapist.
- If you should experience discolouration, pain, numbness, tingling or other changes in sensation and swelling, remove the Coban 2 Compression System promptly and contact your therapist.



We are pleased that your lymphoedema specialist has chosen to apply the Coban 2 Compression System, an innovative method of providing sustained compression therapy. It is our hope that you will be comfortable and more active during the intensive phase of treatment for your swelling.

To learn more about Coban 2 Compression System, and to see patient testimonials, please visit our websites:

[www.Coban2.com.au](http://www.Coban2.com.au) / [www.Coban2.co.nz](http://www.Coban2.co.nz)

## Appointment Details

Next appointment: \_\_\_\_\_ Next appointment: \_\_\_\_\_

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