



3M™ Coban™ 2 Layer Compression Therapy

Application and Removal Poster.

Application/Removal

3M™ Coban™ 2 Layer Compression System

3M™ Coban™ 2 Layer Lite Compression System

Product Information

- Provides effective, sustained, compression for the treatment of venous leg ulcers and other conditions where compression therapy is appropriate.
- For patients less tolerant of compression, or who have mixed etiology with an ABPI greater than or equal to 0.5, Coban 2 Layer Lite Compression System is recommended.
- Many patients have extreme leg contours. Due to the unique properties of Coban 2 Layer Compression Systems, the application technique can easily be adapted to provide conformable, effective, sustained compression for these patients.
- Latex-free.



Basic Application

Layer 1: The Inner Comfort Layer - Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap.

Step 1: 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. Beginning at the fifth toe provides neutral, comfortable foot alignment.

Step 2: The 2nd 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.

Step 3: Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.

Step 4: Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.

Step 5: With minimal overlap, proceed up the leg in a spiral technique with just enough tension to conform smoothly along the contours. If the bandage spiral does not conform with minimal overlaps, the bandage may be cut to redirect the application. Continue up the leg to cover all skin with as thin a layer as possible.

Step 6: The top of the bandage should end just below the fibular head, or two fingers width below the crease at the back of the knee. Cut off excess material.

Step 7: Apply light pressure to the comfort layer with your hands. This helps to mould the bandage to the patient. The end of the comfort foam layer may be secured with tape.

Thin, Fragile Legs

Step 7a: For patients with very thin legs that have vulnerable bony prominences such as the tibial crest or the top of the foot, you can provide additional comfort and protection by cutting a piece of the comfort material and placing it over the top of the foot, running it up the leg to protect the tibial crest. At the articulating area, 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 this layer at full stretch. Hold the roll close to the foot and limb throughout the application for controlled, even compression.

Step 8: 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.

Step 9: The second circular winding should come across the top of the foot and around the back of the heel.

Step 10: Using the figure 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 with at least two layers.

Step 11: Proceed up the leg with 50% overlap to cover the entire inner comfort layer with at least two layers. Maintain consistent stretch throughout the process.

Step 12: 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.

Step 13: Gently press and conform the entire surface of the application. This will ensure that the two layers bond firmly together which helps reduce slippage during wear. Note: If you detect any gaps in the compression layer, you may apply additional compression layer material at full stretch.

Application for a Highly Contoured Leg – Follow the Roll

Layer 1: The Inner Comfort Layer - Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap.

Step 1: 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. Beginning at the fifth toe provides neutral, comfortable foot alignment.

Step 2: 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.

Step 3: Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.

Step 4: Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.

Step 5: With minimal overlap, and with just enough tension to conform smoothly along the contours, wind the bandage around the ankle and proceed up the leg applying the layer in the direction the roll takes you.

Step 6: The top of the bandage should end just below the fibular head, or two fingers width below the crease at the back of the knee. Bring the bandage back down the leg to cover all areas of the skin. To ensure as thin a layer as possible, try to minimise the areas of overlapped material.

Step 7: As you end the application, apply light pressure and cut off the excess material. Mould the layers together to ensure that the bandage windings cohere to each other.

Layer 2: The Outer Compression Layer — Apply this layer at full stretch. Hold the roll close to the foot and limb throughout the application for controlled, even compression.

Step 8: With the foot in dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

Step 9: Using the figure 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 with at least two layers. Cut the wrap and gently mould into place.

Step 10: Apply the next winding by starting the roll at the previous cut edge with a 50% overlap to the underlying material. Bring the bandage around the ankle and proceed up the leg in the direction the roll takes you with the top of the application ending just below the fibular head.

Step 11: Bring the bandage back down the leg to cover the entire comfort layer with at least two layers of compression material.

Step 12: If at any time you want to change the direction of the roll, you may cut the bandage and redirect the application.

Step 13: As you end the application, apply light pressure and cut off the excess material.

Step 14: Mould the layers together to ensure that the bandage windings cohere to each other.

Application for a Highly Contoured Leg – Cutting Technique

Bandage Removal

Layer 1: The Inner Comfort Layer - Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap.

Step 1: 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. Beginning at the fifth toe provides neutral, comfortable foot alignment.

Step 2: 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.

Step 3: Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.

Step 4: Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.

Step 5: With minimal overlap, apply the next winding so it lays smooth along the contours and cut it when it overlaps the underlying material.

Step 6: 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. Light pressure applied at the end of the bandage and down the leg ensures that it stays in place during application of the compression layer.

Layer 2: The Outer Compression Layer — Apply this layer at full stretch. Hold the roll close to the foot and limb throughout the application for controlled, even compression.

Step 7: 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.

Step 8: Using the figure 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 with at least two layers. For smooth conformability and even coverage, 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.

Step 9: 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.

Coban 2 Layer Compression System may be removed with bandage scissors or by unwrapping.

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



Ordering information.

3M™ Coban 2™ Layer Compression System				
Product Code	Roll Description	Roll Size	Qty/Box	Boxes/Case
2094N	Roll 1 – Comfort Foam Layer	10cm x 2.7m Unstretched	1 kit contains 2 rolls and 1 nylon stocking	8
	Roll 2 – Compression Layer	10cm x 4.7m Fully stretched		



3M™ Coban 2™ Layer Lite Compression System				
Product Code	Roll Description	Roll Size	Qty/Box	Boxes/Case
2794N	Roll 1 – Comfort Foam Layer	10cm x 2.7m Unstretched	1 kit contains 2 rolls and 1 nylon stocking	8
	Roll 2 – Compression Layer	10cm x 4.7m Fully stretched		



Learn More

- For application videos, please visit our websites: 3M.com.au/Coban2 and 3M.co.nz/Coban2
- For more information, contact your local 3M Sales Representative, or call the 3M Health Care Customer Helpline on (AUS) 1300 363 878 or (NZ) 0800 80 81 82



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