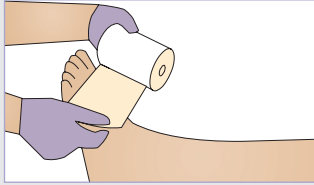


## 3M™ Coban™ 2 Layer Compression System Basic Application

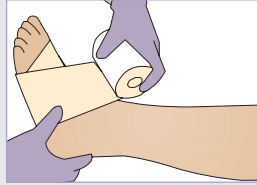
For patients less tolerant of compression, or who have mixed etiology with an ABPI greater than or equal to 0.5, 3M™ Coban™ 2 Layer Lite Compression System is recommended.

### Layer 1 Comfort Foam Layer

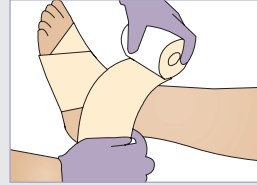
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with **minimal overlap**.
- Cover the skin with as thin a layer as possible with no gaps.
- When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side out to separate them.



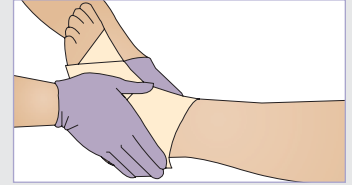
**Step 1:** With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head. Beginning at the fifth toe provides neutral, comfortable foot alignment.



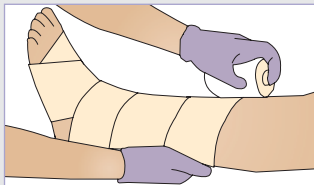
**Step 2:** The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.



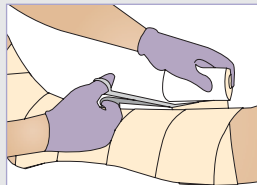
**Step 3:** The next winding runs over the back of the heel. The posterior plantar surface of the foot is not completely covered.



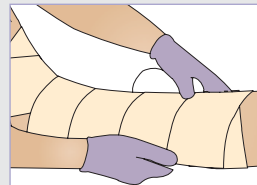
**Step 4:** Please note that there may be a small fold of comfort layer material in the Achilles area. Guide this fold off the Achilles and lay it into the adjacent convex area. This fold will lay down smoothly without causing pain or discomfort when covered by the compression layer.



**Step 5:** Proceed up the leg to just below the fibular head, or the back of the knee, with **minimal overlap**, using just enough tension to conform to the shape of the leg.



**Step 6:** Cut off excess material.



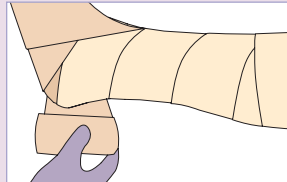
**Step 7:** Light pressure applied at the end of the bandage ensures that it stays in place during application of the compression layer.

### Layer 2 Compression Layer

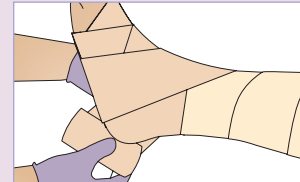
- Apply the material at full stretch.
- Hold the roll close to the limb throughout the application for controlled, even compression.
- If “bulges” are noted after the application, apply additional compression layer until the limb appears smooth.



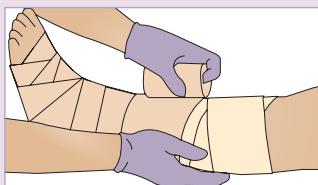
**Step 8:** With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



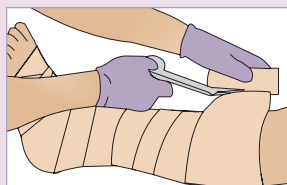
**Step 9:** The second circular winding should come across the top of the foot and around the back of the heel.



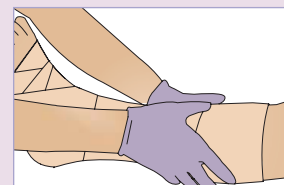
**Step 10:** Using the **figure eight** technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered with at least two layers.



**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.

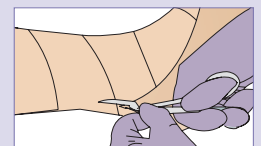


**Step 12:** End the wrap at the fibular head, or just below the back of the knee and even with the top edge of the comfort layer. Cut off any excess material.



**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.

#### Bandage Removal



Remove with bandage scissors or by unwrapping. Dipping the scissor tips into body lotion allows for comfortable and easy bandage removal.