

3M™ Coban™ 2 Two-Layer Compression System

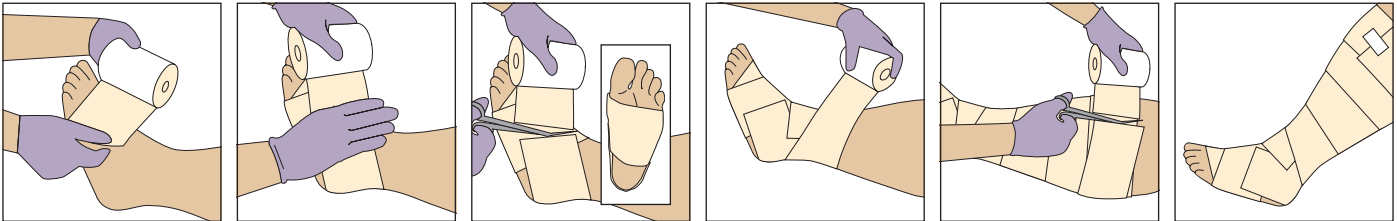
Full leg application

Materials and positioning

- ▶ For many patients, it is necessary to apply the full leg application in two stages
- ▶ Apply the lower limb bandage with the patient sitting or lying comfortably and then have the patient stand to apply the upper leg bandaging
- ▶ For full benefit of compression therapy, it is important that the leg is supported in a relaxed position throughout application
- ▶ If a wound is present, foam or super-absorbent dressings are the most effective way to manage exudate
- ▶ Select the 10cm comfort foam layer and compression layer for most lower legs
- ▶ 15cm comfort foam layer and compression layer should be used to cover the knee and thigh

Application of comfort foam layer below the knee: layer 1

- ▶ Apply layer with the foam side against the skin, using slight stretch 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 (lobules) 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. 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 3: Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.

Step 4: With **minimal overlap**, proceed up the leg in a spiral technique with a slight stretch to conform smoothly along the contours. If the bandage spiral does not conform with minimal overlaps, the bandage may be cut to compliment the anatomical shape of the limb. Continue up the leg to cover all skin with as thin a layer as possible.

Note: individual windings may be used for highly contoured legs.

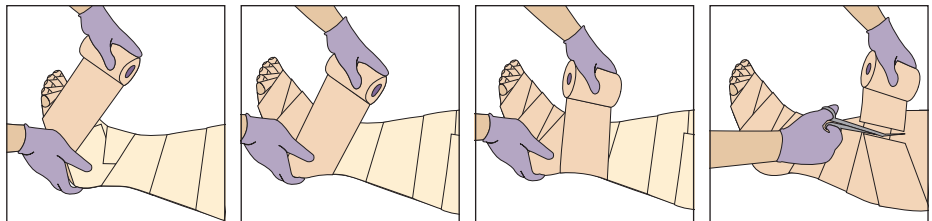
Step 5: The top of the bandage should end just below the fibular head, or two fingers width below the crease at the back of the knee.

Step 6: Apply light pressure to the comfort layer with your hands. This helps to compliment the anatomical shape and features of the limb. The end of the comfort foam layer may be secured with tape.

Note: if toes are included, apply compression layer after the toe application.

Application of compression layer below the knee: layer 2

- ▶ Apply even compression with **50% overlap**. Even compression is best achieved when the material is applied at **100% stretch**
- ▶ It is recommended that you hold the roll close to the foot and 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 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.

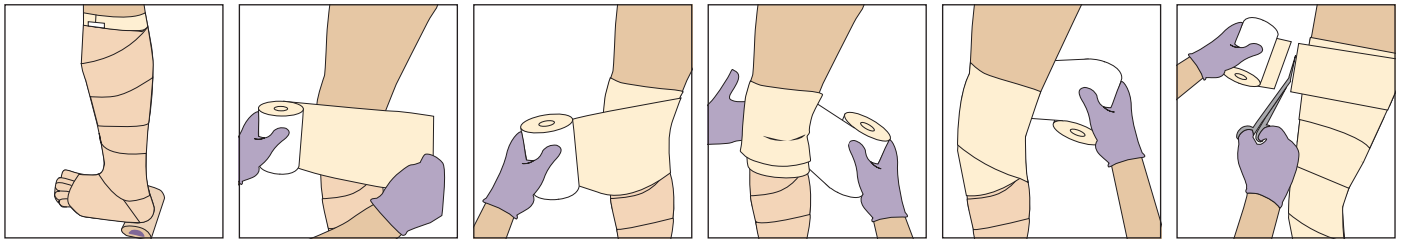
Step 2: Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.

Step 3: Proceed up the leg with **50% overlaps at 100% stretch**, ending the application approximately 7.5–10cm below the ending of the comfort layer. This will allow the comfort layer for the knee and thigh to overlap with the lower leg comfort layer for secure cohesion.

Step 4: As you end the application, apply light pressure and cut off the excess material.

Application of comfort foam layer for knee and above the knee: layer 1

- ▶ Apply layer with the foam side against the skin, using slight stretch 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 (lobules) are present, use pieces of comfort foam layer folded with foam side out to separate them



Step 1: Reposition the patient to a standing position and flex the knee by placing a bandage roll under the heel.

Step 2: Select a 10cm or 15cm comfort foam layer, depending on the size of the limb.

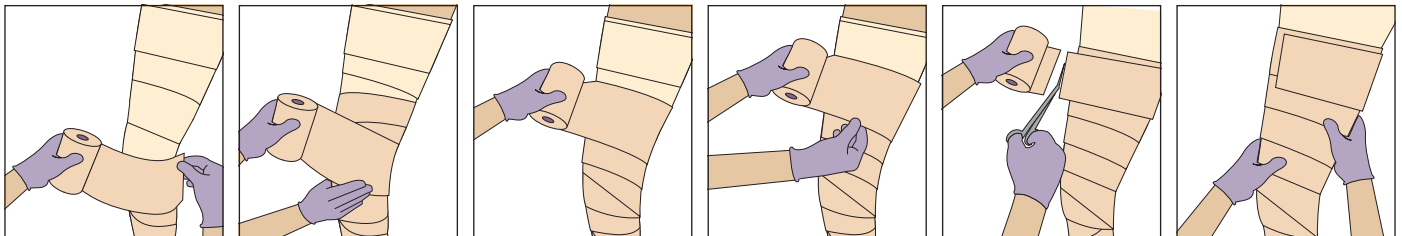
Step 3: Apply the comfort layer by minimally overlapping with the comfort layer below the knee. Cover the knee with a spiral or figure of eight technique to ensure that the middle of the bandage is positioned over the articulating surface and crease of the knee. An additional piece of comfort layer prepared with edge slits for conformability may be used for comfort behind the knee.

Step 4: Proceed to the top of the leg. Keep the overlaps as minimal as possible.

Step 5: Apply two full circular windings of comfort foam layer at the top of the leg to prevent edge roll. As you end the application, apply light pressure and cut off the excess material.

Application of compression layer for knee and above the knee: layer 2

- ▶ Apply even compression with **50% overlap**. Even compression is best achieved when the material is applied at **100% stretch**
- ▶ It is recommended that you 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



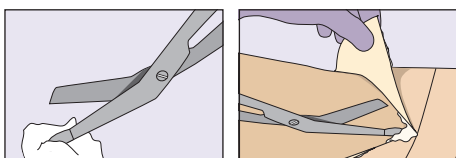
Step 1: Begin the compression layer application with a **50% overlap** of the below knee bandage. Cover the knee using spiral windings or figures of eight as needed to conform. Ensure that the center of the bandage is in the center of the popliteal crease and centered over the patella.

Step 2: Proceed up the leg with spiral windings with **50% overlap** at **100% stretch**.

Step 3: Stop the compression layer application at the top of leg. Apply light pressure and cut off the excess material.

Step 4: Mould the entire application to conform to the anatomy.

Bandage removal



Bandage removal
Dipping the scissor tips into moisturising cream allows for comfortable and easy bandage removal. Cut down the leg in the direction of hair growth.

Note

Refer to the Instructions for Use for complete information related to the use of 3M™ Coban™ 2 Two-Layer Compression Systems.

For lower leg

Image	3M code	Pharma code	Hospital code	Description	Size	Compression	Box qty	Rolls per procedure
	2094			10cm Kit: Comfort Layer 1 and Compression Layer 2	10cm x 2.7m and 10cm x 3.5m	Full	2 rolls	1 per leg
Alternatives								
	20014/ 20024			10cm Individual Rolls: Comfort Layer 1/Compression Layer 2	10cm x 3.5m/ 10cm x 4.5m	Full	18/32 rolls	1 per leg

For knee and thigh

Image	3M code	Pharma code	Hospital code	Description	Size	Compression	Box qty	Rolls per procedure
	20096*			15cm Kit: Comfort Layer 1 and Compression Layer 2	15cm x 3.5m and 15cm x 4.5m	Full	2 rolls	1 per leg
Alternatives								
	20016/ 20026*			15cm Individual Rolls: Comfort Layer 1/Compression Layer 2	15cm x 3.5m/ 15cm x 4.5m	Full	10/15 rolls	1 per leg

*10cm may be used for slimmer legs.

Note: Specific indications, contraindications, warnings, precautions and safety information exist for these products and therapies. Please consult a clinician and product instructions for use prior to application. This material is intended for healthcare professionals.

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