

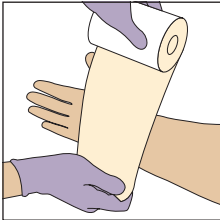
3M™ Coban™ 2 Lite Two-Layer Compression System Hand and arm application

Materials and positioning

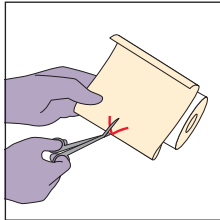
- ▶ Select the 10cm lite comfort foam layer and lite compression layer for most hands and arms
Note: always ensure when bandaging limbs, that the bandage is applied with the muscles relaxed. This helps the system to work better when the muscles flex after application
- ▶ If the arm is large, a roll of 10cm lite comfort foam layer and lite compression layer can be used for the hand, and 15cm should be used to cover the arm
- ▶ When the fingers are going to be bandaged, apply the comfort foam layer only on hand and wrist, rather than applying it to the entire arm. After the finger application, bandage the remainder of the arm. This results in a smooth and wrinkle-free application of the comfort foam layer on the entire arm, especially in the elbow region

Application of comfort foam layer to hand and arm: layer 1

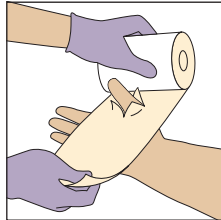
- ▶ Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the arm with minimal overlap
- ▶ Cover the skin with as thin a layer as possible with no gaps



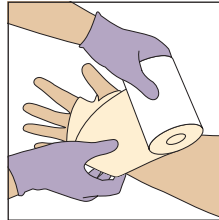
Step 1: Position the hand and arm in a neutral position (neither pronated nor supinated) with the thumb pointing upward.



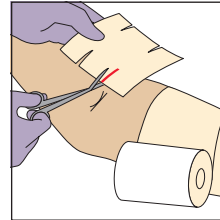
Step 2: To create a thumb opening, measure the bandage from the lateral edge to the thumb. Fold the bandage at the measured length and cut an X-shaped slit in the middle of the bandage.



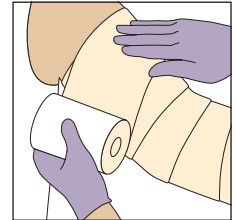
Step 3: Apply the comfort layer from the lateral dorsum of the hand with the thumb positioned through the slit.



Step 4: Wind the roll under the palm ensuring the top of the bandage is placed at the base of the fifth finger. Bring the next winding over the dorsum of the hand to the base of the thumb and continue with circular windings up the arm with minimal overlap, moulding to the anatomy.



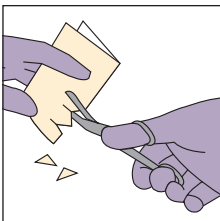
Step 5: An additional piece of comfort layer prepared with edge slits for conformability may be used for comfort in the antecubital fossa area. Ensure the arm is in a slightly flexed position and make sure that no bandage edge lies along the elbow crease.



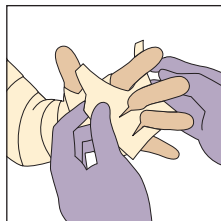
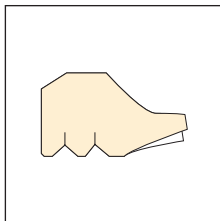
Step 6: Continue with circular windings and minimal overlap. Finish with a second circular winding at the top of the arm for additional stability. Mould the bandage to conform to the anatomy.

Application of comfort foam layer and compression layer to fingers: layers 1 and 2

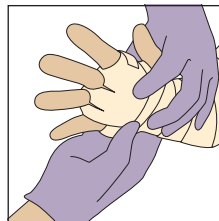
- ▶ Select the 2.5cm lite compression layer
- ▶ For additional inter-digital comfort, a web spacer may be used prior to finger bandaging (see optional steps 1–4). If not needed, proceed to step 5



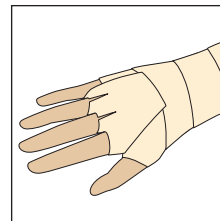
Step 1: Prepare a web spacer to protect the finger web spaces. Fold a piece of 10cm x 25cm comfort foam layer in half. On the fold, make two triangle cuts with top slits to create openings for fingers. Trim outer edges to follow thumb and hand contours.



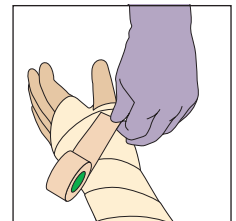
Step 2: Apply the web space protector with the third and fourth finger through the openings.



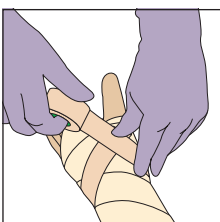
Step 3: Overlap and mould the edges in the thumb web space.



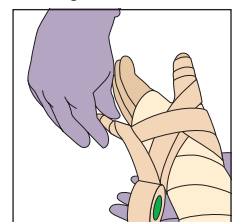
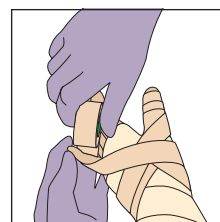
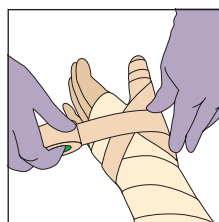
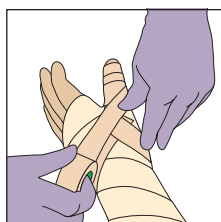
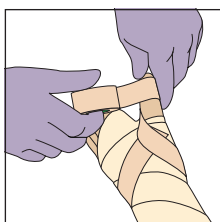
Step 4: Mould the layers together to conform to the shape of the hand.



Step 5: Using the 2.5cm lite compression layer begin with an anchor turn at the base of the thumb, just above the wrist and make a circular winding with no tension.

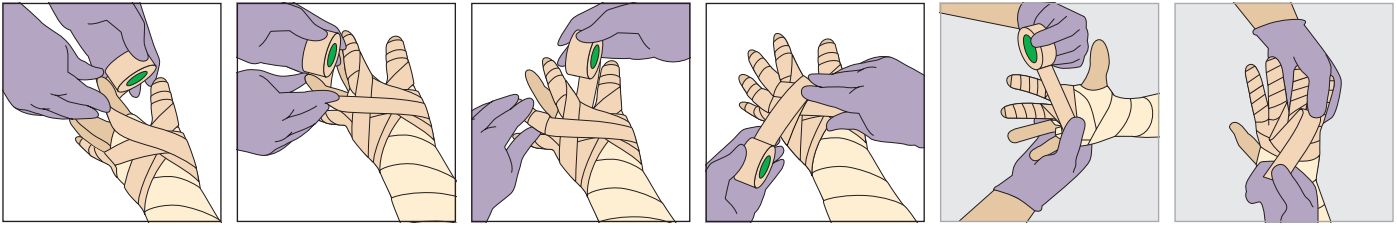


Step 6: Bring the bandage along the thumb to the base of the nail bed with no tension. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and **50% overlapping** layers. Mould the bandage to conform to the anatomy.



Step 7: At the base of the thumb, bring the bandage across the dorsum of the hand with no tension to the base of the fifth fingernail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and **50% overlapping** layers. Mould the bandage to conform to the anatomy.

Application of comfort foam layer and compression layer to fingers continued



Step 8: Take the bandage over the lateral border of the hand and across the palm to the base of the thumb and up the dorsum of the second finger to the base of the nail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and **50% overlapping** layers. Mould the bandage to conform to the anatomy.

Step 9: At the base of the second finger, proceed to the lateral side of the hand and across the palm to the base of the thumb. Bring the bandage over the dorsum of the hand to the fourth finger up to the base of the nail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and **50% overlapping** layers. Mould the bandage to conform to the anatomy.

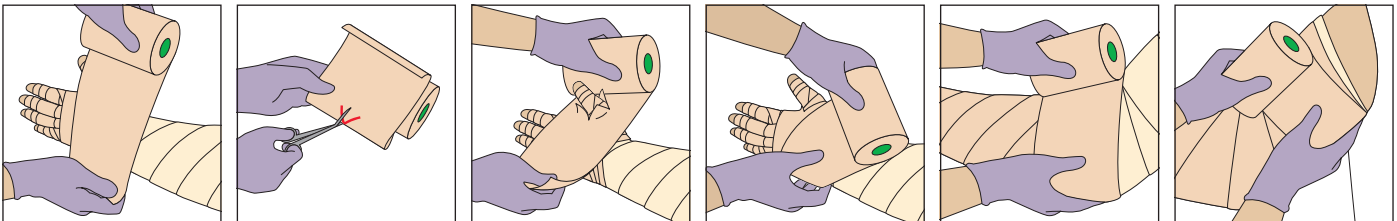
Step 10: At the base of the fourth finger, bring the bandage with no tension over the lateral border and make a circular winding through the first webspace. Proceed with another winding coming around to the base of the thumb and on to dorsum of the third finger up to the base of the nail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and **50% overlapping** layers. Mould the bandage to conform to the anatomy.

Step 11: To secure the bandage, complete a circular winding following the metacarpal line and through first web space. Cut and mould to the anatomy.

Inter-digital oedema
When inter-digital oedema is present, you may cover the proximal finger areas by fan folding the bandage with no tension, moulding it in place continuously. Once all of the inter-digital spaces are covered and moulded, finish with a circular turn of the bandage with no tension and press into place.

Application of compression layer to hand and arm: 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 hand and limb throughout the application for controlled and even compression
- ▶ If 'bulges' are noted after the application, apply additional compression layer until the limb appears smooth



Step 1: Position the hand and arm in a neutral position (neither pronated nor supinated) with the thumb pointing upward. Measure the bandage from the lateral edge of the hand to the thumb.

Step 2: Fold the material and cut an X-shaped slit in the middle of the bandage.

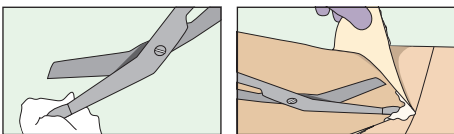
Step 3: Apply the compression layer from the lateral dorsum of the hand with the thumb positioned through the slit. Apply full stretch to both ends of the bandage to ensure even compression.

Step 4: Wind the bandage around the hand to the base of the thumb at **100% stretch** and proceed up the arm, medial to lateral, with circular windings and **50% overlapping** layers.

Step 5: When crossing the elbow, ensure that it is slightly flexed and that the elbow crease is centred in the middle of the bandage.

Step 6: Continue to apply at **100% stretch** with **50% overlaps** to the top of the arm. Mould the bandage to conform to the anatomy.

Bandage removal



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

Note

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

For hand and arm

Image	3M code	NHSSC code	PIP code	Description	Size	Compression	Box qty	Rolls per procedure
	20714/ 20724*	ECA218 (BD)/ ECA222 (BD)	365-4969/ 365-5008	10cm Lite Individual Rolls: Comfort Layer 1/ Compression Layer 2	10cm x 2.7m/ 10cm x 3.5m	Lite	18/32 rolls	1 per arm
	20721	ECA220 (BD)	365-4985	2.5cm Lite Individual Roll: Compression Layer 2	2.5cm x 3.5m	Lite	36	1 per hand

Alternatives

	2794E**	ECA203	355-1439	10cm Lite Kit: Comfort Layer 1 and Compression Layer 2	10cm x 2.7m and 10cm x 3.2m	Lite	2 rolls	1 per arm
--	---------	--------	----------	---	--------------------------------	------	---------	-----------

*for larger arms use 10cm for the hand and 15cm for the arm. **10cm Lite kit also available instead of 20714/20724.

Please note Blue Diamond (BD) items are not currently stocked by NHS Supply Chain. Please allow for a longer delivery lead time.

3M United Kingdom PLC
Charnwood Campus
10 Bakewell Road
Loughborough
LE11 5RB
+44 (0)1509 611 611

3M Ireland Limited
The Iveagh Building
Carrickmines Park
Carrickmines
Dublin 18
+353 (0)1280 3555

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.

© 2024 3M. All rights reserved. 3M and the other marks shown are marks and/or registered marks. Unauthorised use prohibited. Used under license in Canada. OMG960096.



View all Coban 2 Lite Compression System application videos and guides here.

