3M

Science.
Applied to Life.™

3M™ Coban™ 2 Layer Compression System Application for a Highly Contoured Leg

Follow the Roll

Many patients have extreme leg contours. Due to the unique properties of 3M™ Coban™ 2 Layer Compression Systems, the application technique can easily be adapted to provide conformable, effective, sustained compression. 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.
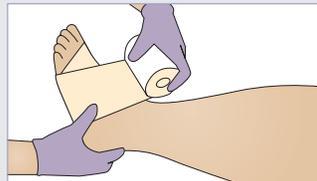
Step 2: The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.
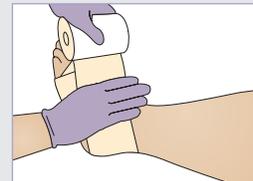
Step 3: Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.
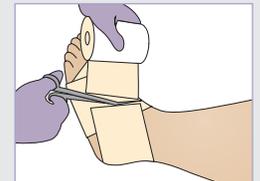
Step 4: Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.
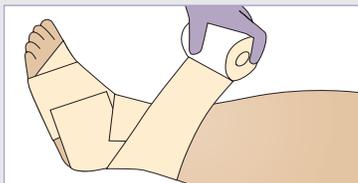
Step 5: With **minimal overlap**, and with just enough tension to conform smoothly along the contours, wind the bandage around the ankle and proceed up the leg applying the layer in the direction the roll takes you.
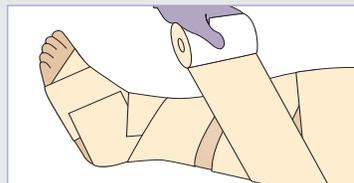
Step 6: The top of the bandage should end just below the fibular head, or two fingers width below the crease at the back of the knee. Bring the bandage back down the leg to cover all areas of the skin. To ensure as thin a layer as possible, try to minimize the areas of overlapped material.
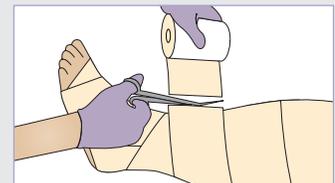
Step 7: As you end the application, apply light pressure and cut off the excess material. Mold the layers together to ensure that the bandage windings cohere to each other.

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 90˚ dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.
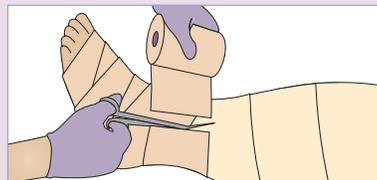
Step 9: Using the **figure eight** technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered with at least two layers. Cut the wrap and gently mold into place.
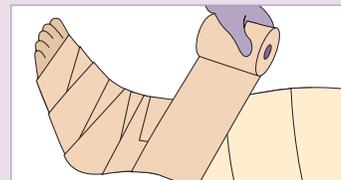
Step 10: Apply the next winding by starting the roll at the previous cut edge with a 50% overlap to the underlying material. Bring the bandage around the ankle and proceed up the leg in the direction the roll takes you with the top of the application ending just below the fibular head.
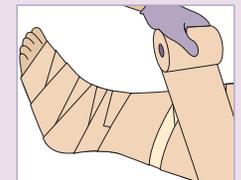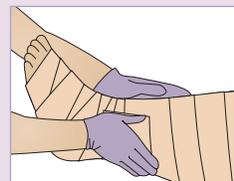
Step 11: Bring the bandage back down the leg to cover the entire comfort layer with at least two layers of compression material.
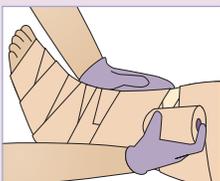
Step 12: If at any time you want to change the direction of the roll, you may cut the bandage and redirect the application.
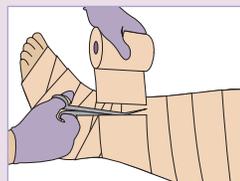
Step 13: As you end the application, apply light pressure and cut off the excess material.

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

Bandage Removal

Remove with bandage scissors or by unwrapping. Dipping the scissor tips into body lotion 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 Layer Compression Systems.