

# 3M™ Coban™ 2 Layer Compression System Full Leg Application

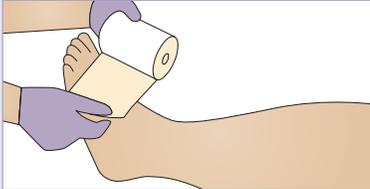
## Materials & Positioning

- Keep the leg supported in a relaxed position throughout the entire application.
- Apply the bandage to the lower leg with the patient sitting or lying back comfortably, and then have the patient stand to apply the upper leg bandage.
- If a wound is present, foam dressings are most effective for managing exudate.
- Use a 4 inch kit for the lower leg and a 6 inch kit to cover the knee and thigh.

## Below the Knee

### Layer 1 Comfort Foam Layer

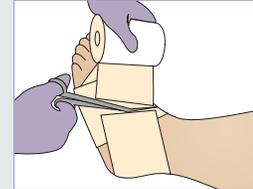
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap.
- Cover the skin with as thin a layer as possible with no gaps.
- When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side out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



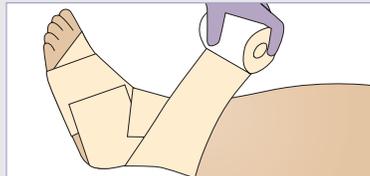
**Step 1:** With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head. Beginning at the fifth toe provides neutral, comfortable foot alignment.



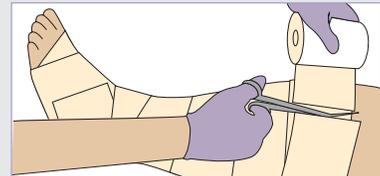
**Step 2:** The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint. Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.



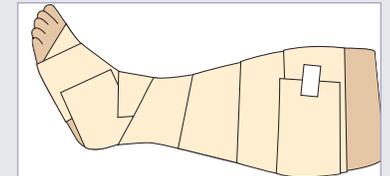
**Step 3:** Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.



**Step 4:** With minimal overlap, proceed up the leg in a spiral technique with 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.  
**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.

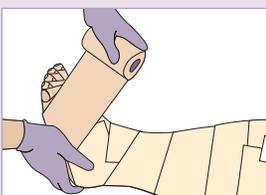


**Step 6:** Apply light pressure to the comfort layer with your hands. This helps to mold the bandage to the patient. The end of the comfort foam layer may be secured with tape.

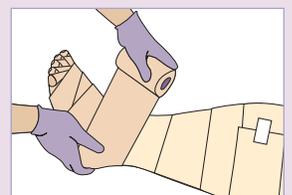
### Layer 2 Compression Layer

- 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.

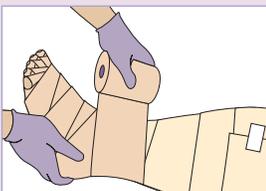
**Step 7:** With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



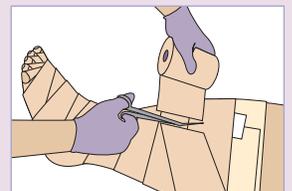
**Step 8:** Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.



**Step 9:** Proceed up the leg with 50% overlaps at full stretch, ending the application approximately 2 to 3 inches 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.



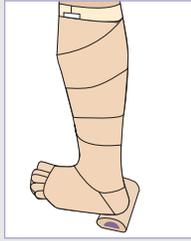
**Step 10:** As you end the application, apply light pressure and cut off the excess material.



# Knee and Above the Knee

## 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.

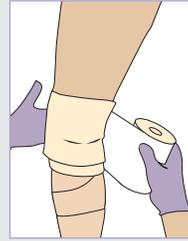
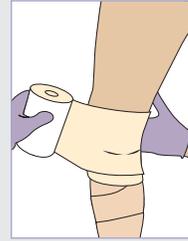


**Step 11:** Reposition the patient to a standing position. Place a bandage roll under the heel to support the knee in a flexed, relaxed position.

**Step 14:** Proceed to the top of the leg. Keep the overlaps as minimal as possible.



**Step 12:** Center the comfort layer to ensure that the middle of the bandage is positioned over the articulating surface and crease of the knee. Make one circular winding.



**Step 13:** With a circumferential winding, take the bandage down to minimally overlap the below knee application, then bring the bandage up towards the thigh.



**Step 15:** 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. The end of the comfort foam layer may be secured with tape.



## 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 16:** 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 17:** Proceed up the leg with spiral windings with 50% overlap at full stretch. This ensures at least two layers of compression material.



**Step 18:** Stop the compression layer application at top of leg. Apply light pressure and cut off the excess material.

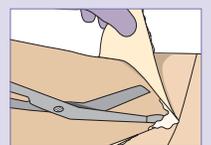
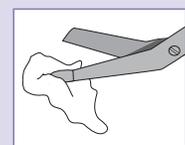


**Step 19:** Mold the entire application to conform to the anatomy.

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

### Bandage Removal

Dipping the scissor tips into body lotion allows for comfortable and easy bandage removal.



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