

Advice on the use of Coban

Coban

Coban is an elastic wrap which contains a cohesive material that makes it stick to itself, but not to other materials or skin. It provides compression and support to reduce swelling.

Warnings

- The area to which the Coban is applied should be frequently checked for signs of redness, any skin irritation or any discolouration (blue/white) which may indicate a decrease in circulation.
- Do not wear Coban at night or when asleep.

Precautions

- Only apply the appropriate amount of compression (as instructed by your therapist).
- Do not apply in direct contact with an open wound.
- Do not use Coban if you have any allergy or a sensitivity to latex.

Directions for use

1. Unwind a few centimetres of Coban from the roll and allow it to relax.

2. Starting at the fingertip, without stretching, apply one full wrap around the finger (leaving the tip free for inspection). Press the overlapped area lightly to keep the end in place, this will act as an anchor for the wrap.
3. Pull the Coban to full stretch, then release the tension to half stretch as you wrap around the finger; continue wrapping from the tip towards the palm, applying tension. Overlap by half the width each time.
4. Always unwind Coban from the roll before applying tension and wrapping.
5. When the end of the finger nearest the palm is reached, cut off the Coban and secure the end by gently pressing. Relax the tension on the last wrap (as with the first wrap).

If you have any concerns regarding the use of the Coban please stop using it and contact your therapist.

Hand Therapy team **01392 402429**

Other therapy advice

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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