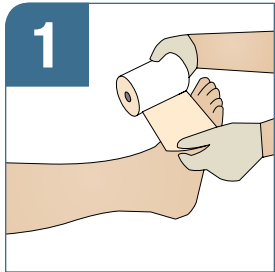


Specialty Application for Highly Contoured Leg

Application of 3M™ Coban™ 2 Layer Compression Therapy products can be easily adapted to achieve a conformable, sustained level of compression for a variety of limb sizes and shapes.

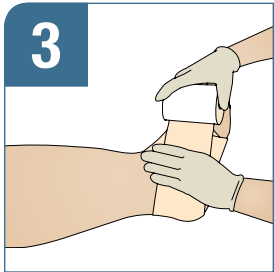
Layer 1: The Inner Comfort Layer



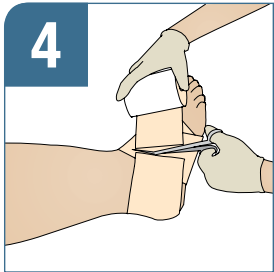
With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



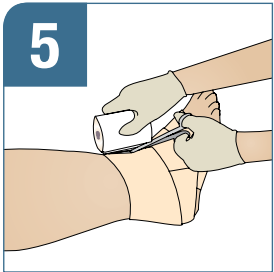
The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint.



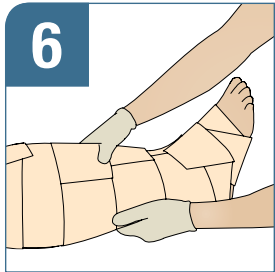
Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.



Cut the wrap and gently press into place.

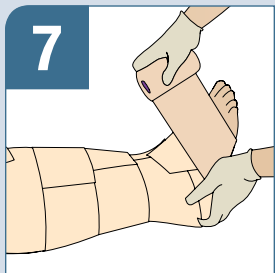


Apply the next winding by starting the roll at the previous cut edge. With minimal overlap, wind the wrap around the leg. Cut it when it overlaps the underlying material.

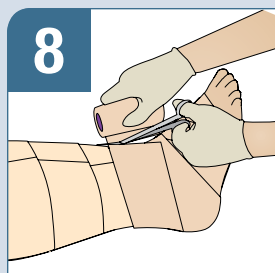


Proceed up the leg with individual windings using the same technique. End the application at the fibular head, or just below the back of the knee. Cut off excess material. Light pressure applied at the end of the bandage and down the leg ensures that it stays in place during application of the compression layer.

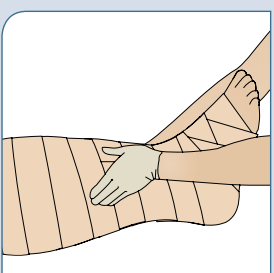
Layer 2: The Outer Compression Layer



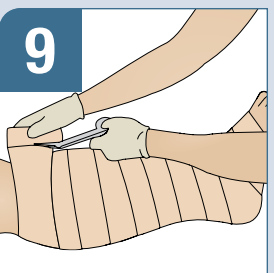
Apply this layer at full stretch throughout its application. Hold the roll close to the foot and limb throughout the application for controlled, even compression. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



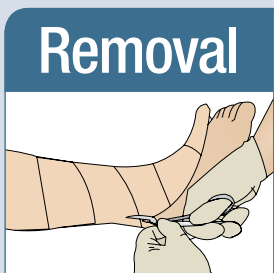
Using the “figure of eight” technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around the back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.



If needed for conformability and even coverage, you may cut the compression material and proceed up the foot and leg with individual windings at 50% overlap, making sure to press and conform each subsequent layer.



End the wrap at the fibular head, or just below the back of the knee and even with the top edge of the comfort layer. Cut off any excess material. Gently press and conform the entire surface of the application.



3M™ Coban™ 2 Layer Compression Therapy products may be removed with bandage scissors or by unwrapping.

ABPI (Ankle-Brachial Pressure Index)

Use this table as a guide to interpret ABPI values in relation to compression.

		brachial systolic pressure (mmHg)											
		100	110	120	130	140	150	160	170	180	190	200	
ankle systolic pressure (mmHg)	20	0.20	0.18	0.17	0.15	0.14	0.13	0.13	0.12	0.11	0.11	0.10	A
	30	0.30	0.27	0.25	0.23	0.21	0.20	0.19	0.18	0.17	0.16	0.15	
	40	0.40	0.36	0.33	0.31	0.29	0.27	0.25	0.24	0.22	0.21	0.20	
	50	0.50	0.45	0.42	0.38	0.36	0.33	0.31	0.29	0.28	0.26	0.25	
	60	0.60	0.55	0.50	0.46	0.43	0.40	0.38	0.35	0.33	0.32	0.30	
	70	0.70	0.64	0.58	0.54	0.50	0.47	0.45	0.41	0.39	0.37	0.35	
	80	0.80	0.73	0.67	0.62	0.57	0.53	0.50	0.47	0.44	0.42	0.40	
	90	0.90	0.82	0.75	0.69	0.64	0.60	0.56	0.53	0.50	0.47	0.45	
	100	1.00	0.91	0.83	0.77	0.71	0.67	0.63	0.59	0.56	0.53	0.50	
	110	1.10	1.00	0.92	0.85	0.79	0.73	0.69	0.65	0.61	0.58	0.55	
B	120	1.20	1.09	1.00	0.92	0.86	0.80	0.75	0.71	0.67	0.63	0.60	B
	130	1.30	1.18	1.08	1.00	0.93	0.87	0.81	0.76	0.72	0.68	0.65	
	140	1.40	1.27	1.17	1.08	1.00	0.93	0.88	0.82	0.78	0.74	0.70	
	150	1.50	1.36	1.25	1.15	1.07	1.00	0.94	0.88	0.83	0.79	0.75	
C	160	1.60	1.45	1.33	1.23	1.14	1.07	1.00	0.94	0.89	0.84	0.80	C
	170	1.70	1.55	1.42	1.31	1.21	1.13	1.06	1.00	0.94	0.89	0.85	
	180	1.80	1.64	1.50	1.38	1.29	1.20	1.13	1.06	1.00	0.95	0.90	
	190	1.90	1.73	1.58	1.46	1.36	1.27	1.19	1.12	1.06	1.00	0.95	
	200	2.00	1.83	1.67	1.54	1.43	1.33	1.25	1.18	1.11	1.05	1.00	

Source: Guide for the Management of Wounds in Patients with Lower-extremity Arterial Disease, 2002

- A ABPI < 0.5: Severe ischemia**
Compression should not be used
- B ABPI > 0.5: Moderate ischemia**
3M™ Coban™ 2 Layer Lite Compression System
- C ABPI > 0.8: Mild ischemia to normal**
3M™ Coban™ 2 Layer Compression System

For a Life in Motion.
Conformable Compression
That Works.

3M™ Coban™ 2 Layer Compression Therapy

Therapy for edema including venous insufficiency and lymphedema



For a Life in Motion
Conformable Compression
that Works



Application and Removal Techniques

3M™ Coban™ 2 Layer Compression System
Recommended for Patients with Venous Disease

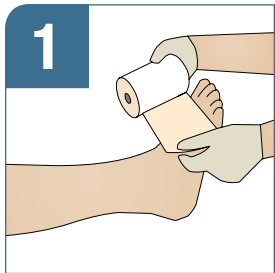
3M™ Coban™ 2 Layer Lite Compression System
Recommended for Patients with Mixed Disease



Basic Application

Application and removal instructions are the same for both 3M™ Coban™ 2 Layer Compression System and 3M™ Coban™ 2 Layer Lite Compression System

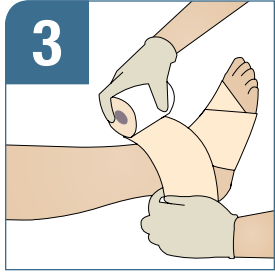
Layer 1: The Inner Comfort Layer



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



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.



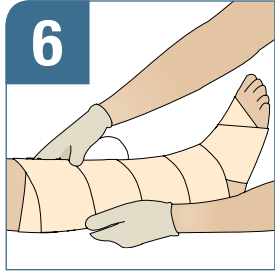
The next winding runs over the back of the heel. The posterior plantar surface of the foot is not completely covered.



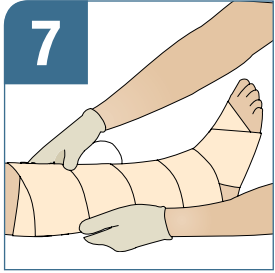
Please note that there may be a small fold of comfort layer material in the Achilles area. Guide this fold off the Achilles and lay it into the adjacent convex area. This fold will lay down smoothly without causing pain or discomfort when covered by the compression layer.



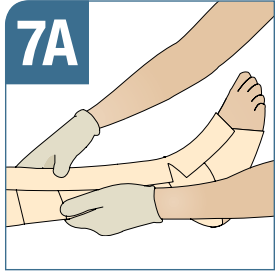
Proceed up the leg, to just below the fibular head, or the back of the knee with **minimal overlap**, using just enough tension to conform to the shape of the leg.



Cut off excess material.

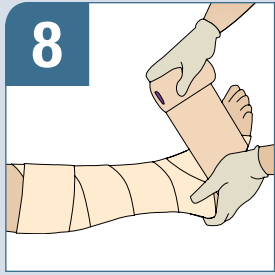


Light pressure applied at the end of the bandage ensures that it stays in place during application of the compression layer.

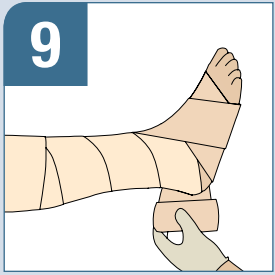


For patients with very thin legs that have vulnerable bony prominences such as the tibial crest or the top of the foot, you can provide additional comfort and protection by cutting a piece of the comfort material and placing it over the top of the foot, running it up the leg to protect the tibial crest. At the articulating area, make a slit on each side of the strip to conform at the ankle. Gently press into place.

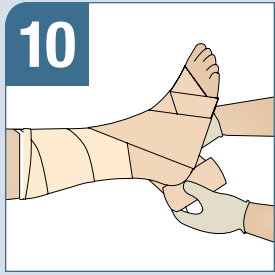
Layer 2: The Outer Compression Layer



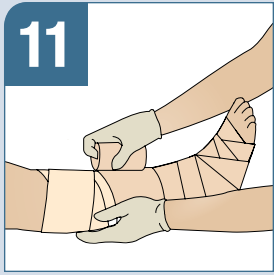
Apply this layer at full stretch throughout its application. Hold the roll close to the foot and limb throughout the application for controlled, even compression. With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.



The second circular winding should come across the top of the foot and around the back of the heel.



Using the “figure of 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.



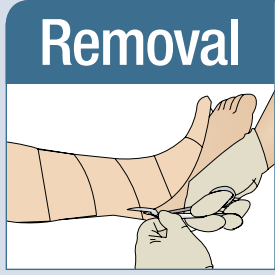
Proceed up the leg with 50% overlap to cover the entire inner comfort layer. Maintain consistent stretch throughout the process.



End the wrap at the fibular head, or just below the back of the knee and even with the top edge of the comfort layer. Cut off any excess material.



Gently press and conform the entire surface of the application. This will ensure that the two layers will bond firmly together, which helps reduce slippage.



3M™ Coban™ 2 Layer Compression Therapy products may be removed with bandage scissors or by unwrapping.

To learn more about 3M™ Coban™ 2 Layer Compression Therapy products, visit us at www.3M.com/coban2layer, contact your 3M Skin and Wound Care representative or call the 3M Health Care Customer Helpline at 1-800-364-3577.

Note: If you detect any gaps in the compression layer, you may apply additional compression layer material at full stretch.

Ordering Information

3M™ Coban™ 2 Layer Compression System for patients with ABPI ≥ 0.8		
Catalogue N°	2094	
Roll 1 Comfort Layer	4 in x 2.9 yd (10 cm x 2,7 m)	
Roll 2 Compression Layer	4 in x 2.9 yd (10 cm x 2,7 m) Unstretched	
Catalogue N°	20096	
Roll 1 Comfort Layer	6 in x 3.8 yd (15 cm x 3,5 m)	
Roll 2 Compression Layer	6 in x 3.8 yd (10 cm x 3,5 m) Unstretched	
Compression Level	High 35-40 mmHg	
Rolls/Box	2 rolls, 1 of each layer	
Boxes/Case	8	

3M™ Coban™ 2 Layer Lite Compression System for patients with ABPI ≥ 0.5		
Catalogue N°	2794	
Roll 1 Comfort Layer	4 in x 2.9 yd (10 cm x 2,7 m)	
Roll 2 Compression Layer	4 in x 2.5 yd (10 cm x 2,7 m) Unstretched	
Compression Level	Moderate 30-35 mmHg	
Rolls/Box	2 rolls, 1 of each layer	
Boxes/Case	8	

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