

Coban™ Wrap

Patient Information

Upper Limb Unit, Wrightington Hospital.



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Coban™ Wrap

Coban™ wrap is an elasticated wrap that sticks to itself when wrapped around a finger or hand. It provides a constant pressure along the skins surface which helps to reduce the swelling that can occur after an injury or surgery.

Swelling is a natural phase of the healing process but, should it persist, it can become a complication causing joints to become stiff and uncomfortable.

Coban™ wrap helps by:

- Maintaining compression along the skins surface
- Preventing fluid pooling into the finger joints
- Supporting the swollen area whilst allowing movement of the joints

Applying Coban™

1. Wrapping around the finger (1 inch width)

- Make a loop around the tip-end of the affected finger, leaving the fingertip free



- Wrap the Coban™ round the finger moving half the thickness of the strip as you go down to the base of the finger
- Maintain the crinkles of the strip while wrapping. **Do not tense** the elastic threads, within the Coban™, when applying



2. Pinching along the finger (2-3 inch width depending on finger length)

- Unroll a length of wide Coban™ wrap
- Cut down the width of the Coban™ to match the length of the finger, allowing the fingertip to remain free
- Bring the Coban™ around the finger and pinch the overlapping edges together. Begin at the fingertip end and continue along the length of the finger



- Carefully cut off the excess material just above the surface of the finger. The small ridge left should be flattened down to secure the sealed edges even further



- Maintain the crinkles of the strip while wrapping. **Do not tense** the elastic threads within the Coban™ when applying

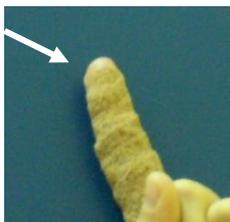
Guidelines for using Coban™

- Coban™ is designed to permit full movement of your finger joints
- Once applied it can be worn throughout the day and at night if advised by your therapist
- Your skin may appear wrinkled when the Coban™ is removed and this is normal
- Coban™ should be removed and replaced if the hand becomes wet
- Store the Coban™ flat when not wearing



Precautions

- The tip of the finger should be left exposed for monitoring of circulation and sensation



- Regularly check for signs of tingling, numbness, colour change and coldness. Should any of these signs occur remove the Coban™ wrap
- It should be applied with appropriate tension as demonstrated by your therapist
- You may feel a pulsing sensation following application. This is normal and should not restrict your circulation
- Coban™ should **not** be applied directly into an open wound
- Do not wear the Coban™ at night **unless** advised by your therapist

If you experience any problems, please contact your therapist:

Wrightington Therapy Department

01257 488272

wwl-tr.therapyadmin@nhs.net

08:00-16:30 Monday to Friday

Leigh Health Centre Therapy Department

0300 707 1597

wwl-tr.leighphysio@nhs.net

08:00-16:30 Monday to Friday

Boston House

0300 707 1113

wwl-tr.mskphysio-bostonhouse@nhs.net

08:00-16:30 Monday to Friday

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request.

For more information, please ask in the department/ward.

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