

3M™ Coban™ 2 Layer Compression System 3M™ Coban™ 2 Layer Lite Compression System

Your wound care specialist has applied 3M™ Coban™ 2 Layer Compression System. This system is designed to provide you with a comfortable, effective method of reducing leg edema (swelling). Reducing edema gives ulcers a better chance to heal. This instruction sheet was written to help you understand the compression system and provide useful tips to wear it successfully.

What is Coban 2 Layer Compression System?

Coban 2 Layer Compression System consists of 2 layers that, when applied to your leg, adhere together into one comfortable layer. The thin system allows you to wear most normal shoes so you can participate in your normal daily activities. Normal walking and ankle movements help your muscles pump the blood from the veins back to your heart.

- The first layer has a soft, comfortable foam surface attached to an outer cohesive (slightly sticky) layer. The foam side is applied against your skin and provides comfort where it is needed. The foam will also cling to your skin, which helps prevent the wrap from slipping.
- The second layer bonds to the first layer and provides the compression that is necessary to reduce your edema.
- The two layers are lightweight and breathable, which helps keep your skin comfortable.
- This compression system may be used with the wound dressing that has been recommended by your wound care specialist.

General tips:

- It may be helpful to wear thin, stretchable stockings.
 - When you apply your stockings, take care to prevent the edge of the compression wrap from rolling near your toes. If the edge rolls, unfold it or it may create an uncomfortable ridge when you walk.
 - Select footwear that is comfortable and allows normal walking.
 - Avoid shoes that are stiff or prevent normal foot movement. Walking and ankle movement are important activities that help improve your circulation.
- Since the system is not waterproof, be sure to protect your wrap when bathing. If it becomes damp, leave it open to the air until it is dry. If wrap becomes saturated, it may need to be changed so contact your wound care specialist for further instructions.
- It is normal for some clothing fuzz to stick to the compression wrap surface. This does not interfere with the therapy.
- When sleeping, if your compression system sticks to the sheets, it may be helpful to wear a lightweight stocking over the compression system.

How long can I wear the Coban 2 Layer Compression System?

- When you first begin compression treatment, it is common to experience a rapid reduction in the swelling of your leg. Your compression system should be changed if it has loosened from your skin, slid down your leg and/or if it is uncomfortable.
- Coban 2 Layer Compression System may be worn up to 7 days.
- If you experience discoloration, pain, numbness, tingling or other changes in sensation and swelling, remove the Coban 2 Layer Compression System promptly and contact your health care provider.

We are pleased that your wound care specialist has chosen to apply the 3M™ Coban™ 2 Layer Compression System, a new and innovative method of providing sustained compression therapy.

It is our hope that you will be more comfortable and more active during the treatment of your leg ulcers.

Skin & Wound Care Division

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70-2009-7361-1

