

# 3M™ Coban™ Self-Adherent Wrap

## *Suggested Techniques and Applications*



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3M Medical

*from the 3M Health Care family*



# Meet Versatile 3M™ Coban™ Self-Adherent Wrap

Coban self-adherent wrap is ideal for holding dressings in place, protecting wound sites, immobilizing injuries and securing devices to patients.

The wrap is self-adherent. It sticks only to itself. So there's no adhesive to irritate the skin, especially sensitive or aged skin. Yet it holds a dressing snugly in place even when moisture or medication is present. Hairy arms, legs, chests, and even heads are no problem for Coban wrap.

Coban wrap stretches to allow the application of compression dressings to help minimize swelling, control bleeding and immobilize injured parts.

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***Caution: This Product Contains  
Natural Rubber Latex Which May  
Cause Allergic Reactions.***

# 3M™ Coban™ Self-Adherent Wrap Extras

## ■ *Self-Adhesive*

No need for clips, pins or tapes and it's moisture resistant. Simply pat dry if it becomes wet.

## ■ *Comfortable*

One-third the thickness and one-half the weight of ordinary elastic wraps. And it's porous, to permit ventilation of the wrapped area.

## ■ *Holds fast*

Won't slip or loosen on bed-ridden patients or active athletes. It maintains the degree of compression you choose.

## ■ *Economical*

Cut exactly the size you need from the roll. It saves time and there's less waste. Available in five widths for a variety of applications.

## Use Coban Wrap for:

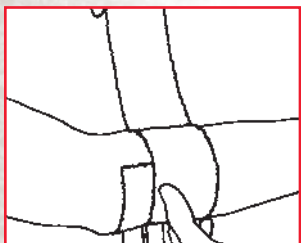
- Securing pads and dressings
- Protective bandaging
- Compression bandage for hemostasis
- Compression for venous insufficiency
- Edema control
- Helping to prevent post-IV. hematoma
- IV. cannula/catheter attachment
- Sprains and strains
- Partial immobilization
- Wrapping splints/arm boards
- Post-op leg wrap
- A covering following cast removal
- Many other applications

# Before You Begin...

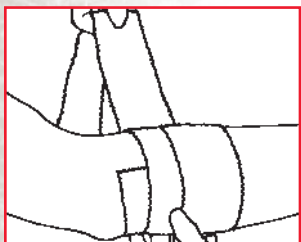
Remember, Coban wrap is NOT an ordinary elastic wrap. It will not slip or loosen with time. Therefore, it must be wrapped to be comfortable to the patient immediately after application. Follow these easy first steps:



Unwind 12 or more inches of Coban wrap from the roll and allow the wrap to relax. (It is important to unwind a sufficient quantity before beginning to wrap.)



Without stretching, apply one full wrap and overlap. Press overlapped area lightly to keep the end in place.

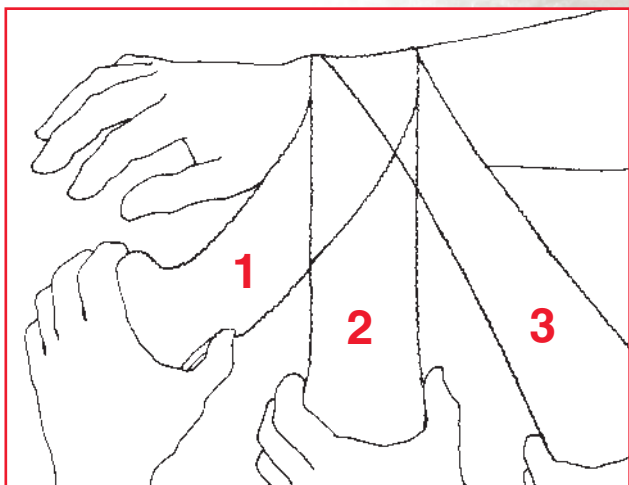


Holding overlap with thumb, unroll enough Coban wrap to be able to complete the next wrap. Proceed with application as described in the following techniques.

Coban wrap can also be used by the piece, cut from the roll. When using the wrap by the piece, follow the same steps as outlined above.

# You control the tension (and compression) as you wrap.

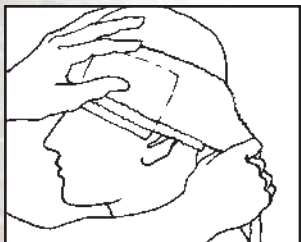
1. None
2. About right
3. Extreme



Note: to apply compression or support where needed, stretch Coban wrap with the desired degree of tension.

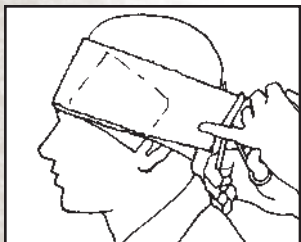
**Important Note:** As with any dressing, the application area should be periodically observed for signs of inflammation, discoloration or circulatory deficiency. If the dressing appears too tight, loosen it and rewrap.

# Secure Dressing Over Head Contusion or Laceration

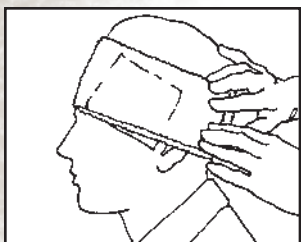


After placing sterile dressing on the wound (and a cold pack, if needed)\*, hold the end of 4-inch Coban wrap over the pack and unwind approximately 12 inches. Remember to place initial wrap without stretching.

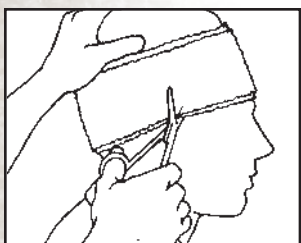
*\* Flexible 3M™ ColdHot Pack is a good choice.*



Continue unwinding Coban wrap from roll and complete two wraps around the head. Cut the wrap from the roll.



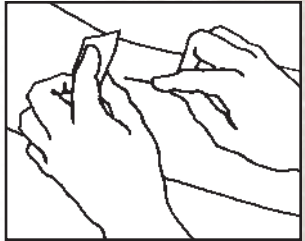
With the last two inches of wrap relaxed, press bandage end firmly against underlying wrap to keep it in place.



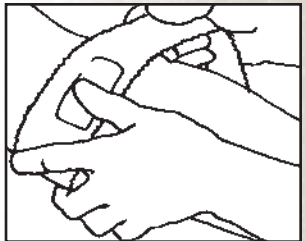
When removing a Coban wrap head dressing, cut the dressing away, using a blunt-ended scissors, at a point furthest from the wound area.

# Help Prevent Post I.V. Hematoma

Apply a dry, sterile 2-by-2 inch (or folded 4-by-4 inch) gauze sponge over puncture site. Determine length of 2-inch Coban wrap needed by measuring 1-1/2 wraps of patient's arm. Tear or cut that amount from the roll.



While applying digital pressure to gauze sponge, place Coban wrap over it and GENTLY stretch to begin first wrap.



Complete the wrapping gently, but securely, and observe for any signs of constriction. Release the tension on the last 2 to 3 inches of Coban wrap.

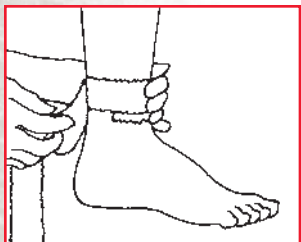


Press bandage end firmly against underlying wrap to keep it in place.





# Ankle Support Wrap



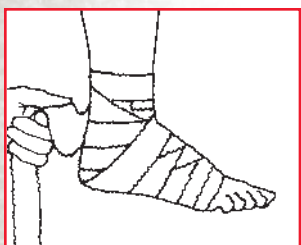
Unwind a sufficient length of 2 or 3-inch Coban wrap from the roll and allow it to relax. Then apply one or two wraps around the lower leg, above the ankle, ending above the heel.



Extend the wrap across the ankle and toward the inside of the foot to just above the toes. Apply two or three wraps, moving toward the ankle.



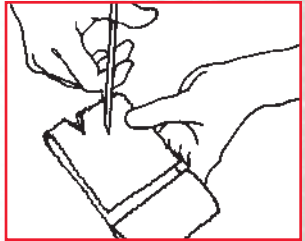
Alternate ascending spirals around the upper portion of the heel, under the foot, around the heel, and again under the foot.



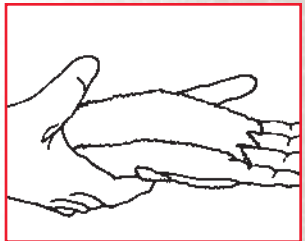
Finish with one or two wraps around the lower leg. Release the tension on the last 2 to 3 inches of Coban wrap and press firmly against underlying wrap to keep it in place.

# Palm Dressing

Using 3-inch Coban wrap, unroll approximately 6 inches and fold in half. Cut two notches, equally spaced, on the fold, creating two diamond-shaped openings.



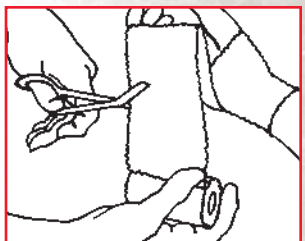
Unfold and place openings over the middle fingers of the hand, holding roll at palm of the hand.



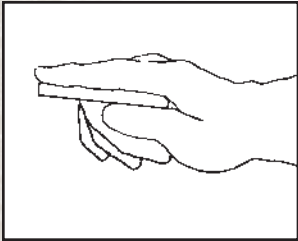
Make first wrap around the palm, then across the wrist and across the back of the hand.



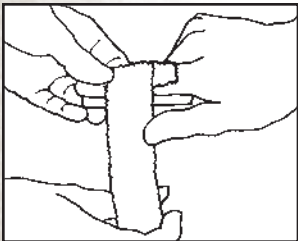
Make a second wrap around the palm before cutting the Coban wrap from the roll. Release tension on the last 2 to 3 inches of wrap and press firmly against the underlying wrap to keep it in place.



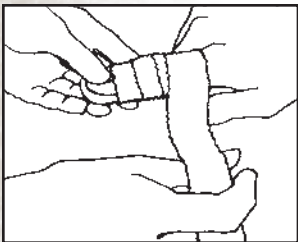
# Finger Immobilization



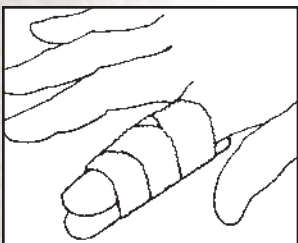
After applying the primary dressing, place a splint under the finger, if needed. Unwind a length of 1-inch Coban wrap from the roll and allow the wrap to relax.



Without stretching, apply one wrap around the tip of the finger and press the overlapped area lightly to keep the end in place.



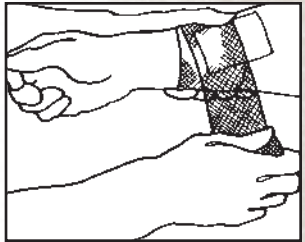
Continue to circle the finger, working back from tip to base. Release tension on the last section of wrap and press firmly against the underlying wrap to keep it in place.



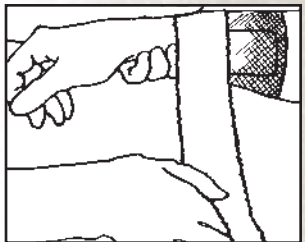
This technique is for initial or short-term immobilization and, in most cases, should be removed after 24 hours.

# Protecting Burn Dressings

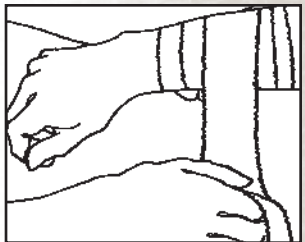
After applying primary dressing to the burn, secure it with a **gauze** wrap that completely covers the dressing.



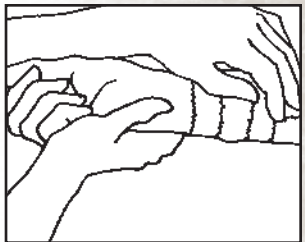
Unwind a suitable length of 3-inch Coban wrap from the roll and allow the wrap to relax. Then, without stretching it, place the initial wrap, starting beyond the edge of the dressing, furthest from the body.



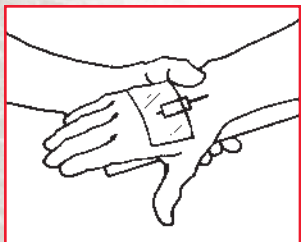
Continue to wrap, moving toward the body, until the entire dressing is covered, usually five or six wraps, for maximum protection.



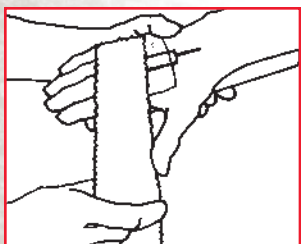
With the last two inches of wrap relaxed, press bandage end firmly against underlying wrap to keep it in place.



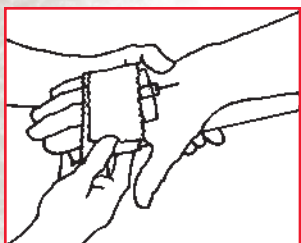
# Securing Peripheral I.V. Arm Board



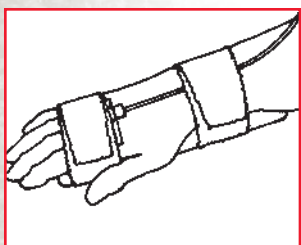
After completing I.V. insertion, place leading edge of board under the palm of the hand, leaving fingers completely free to flex.



Unwrap a 12 to 14-inch length of 2-inch Coban wrap and cut from roll. Or unwind the wrap from roll, and, without stretching it, make two wraps under the board and over the IV., starting just below the puncture site.



After completing two wraps of palm area, and with the last segment of wrap relaxed, press bandage end firmly against underlying wrap to keep it in place.



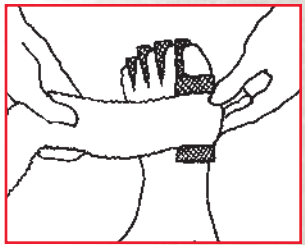
Repeat two wraps above the puncture site, at wrist level, securing end of board to arm. Be sure to relax last several inches of wrap and press against underlying wrap to keep it in place.

# The Active Patient Dressing...

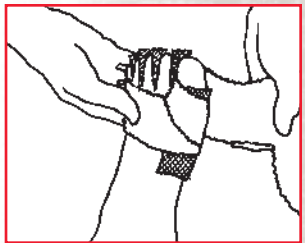
When keeping dressings on ambulatory patient extremities is a problem, Coban self-adherent wrap can be the solution. Coban wrap sticks to itself, but not to the skin. It resists moisture and stays in place until you are ready to change it.

You may use it to apply compression or support or you can simply use it with no tension to secure a dressing.

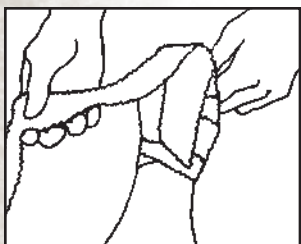
Unwind approximately 1 to 2 feet of Coban wrap from the roll. Without stretching, begin wrapping it around the foot to hold the dressing and toe protectors in place.



Coban wrap may be folded back on itself and placed between toes for extra holding of the wound dressing.



Periodically, check the application area and surrounding tissue for signs of circulatory deficiency. Coban wrap does not “relax” after application so the initial tension remains essentially constant. Avoid undesired compressions by keeping 1 to 2 feet of the wrap unwound from the roll when wrapping.



After making sufficient circumferential wraps of the foot to secure the dressing, add toe protection by folding Coban wrap back on itself and applying the wrap over the toes.



A lap of Coban wrap around the foot over these folds will complete the bandage.

# Ordering Information

## 3M™ Coban™ Self-Adherent Wrap

## 3M™ Coban™ Latex Free Self-Adherent Wrap

Cat. No.	LF Cat. No.	Size	Rolls/Case
1581	2081	1 in. x 5 yd./25 mm x 4,5 m*	30
1582	2082	2 in. x 5 yd./50 mm x 4,5 m*	36
1583	2083	3 in. x 5 yd./75 mm x 4,5 m*	24
1584	2084	4 in. x 5 yd./100 mm x 4,5 m*	18
1586	2086	6 in. x 5 yd./150 mm x 4,5 m*	12
1583S (Sterile)	2083S	3 in. x 5 yd./75 mm x 4,5 m*	24
1584S (Sterile)	2084S	4 in. x 5 yd./100 mm x 4,5 m*	18
1586S (Sterile)	2086S	6 in. x 5 yd./150 mm x 4,5 m*	12
1581B (Blue)		1 in. x 5 yd./25 mm x 4,5 m*	30
1582B (Blue)		2 in. x 5 yd./50 mm x 4,5 m*	36
1583B (Blue)		3 in. x 5 yd./75 mm x 4,5 m*	24
1583G (Green)		3 in. x 5 yd./75 mm x 4,5 m*	24
1583R (Red)		3 in. x 5 yd./75 mm x 4,5 m*	24
1583W (White)		3 in. x 5 yd./75 mm x 4,5 m*	24
1583Y (Yellow)		3 in. x 5 yd./75 mm x 4,5 m*	24
1584B (Blue)		4 in. x 5 yd./100 mm x 4,5 m*	18
1583A (Rainbow Pack)		3 in. x 5 yd./75 mm x 4,5 m*	12
1583N (Neon Pack)		3 in. x 5 yd./75 mm x 4,5 m*	12
1584L (Longer Length)		4 in. x 6.5 yd./10 cm x 6 m*	18
LF2084L (Longer Length)		4 in. x 6.5 yd./10 cm x 6 m*	18

## 3M Consumer Product

## 3M™ Nexcare™ Coban™ Self-Adherent Wrap\*\*

Catalog No.	NDC No.	Size	Rolls/Box	Boxes/Case
H1581	8333-1581-09	1 in. x 5 yd./25 mm x 4,5 m*	5	4
H1582	8333-1582-09	2 in. x 5 yd./50 mm x 4,5 m*	1	12
H1583	8333-1583-09	3 in. x 5 yd./75 mm x 4,5 m*	1	12

\* Fully-stretched length

\*\* For information on these or other 3M Consumer First Aid Products, please call the Helpline at 1-800-537-2191.

**Note:** Coban wrap is available in Custom Procedure Trays. Contact your local tray provider or 3M Health Care Sales Representative.



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