How to Use Coban™ Wrap

Coban™ wrap is an elastic material similar to a bandage. It is used to decrease swelling or to support a joint.

You should wear your Coban™ wrap:

☐ all the time
☐ _______ hours per day
☐ only when _______________________

Steps to applying Coban™ wrap:

1. Cover any open cuts with a Band-Aid® or light gauze.
2. Gently unroll the Coban™ wrap and cut an 8 to 12-inch strip before you start wrapping.
3. Start wrapping at your fingertip. Be sure to leave a small part of your fingertip so you can see it, as shown in the bottom photo.
4. Gently wrap from your fingertip to the base of your finger. Each layer should overlap the one before it by half the width of the strip.
5. When you reach the base of your finger, cut off any extra wrap. Press on the end of the wrapped material to stick the Coban™ wrap to itself.
6. Check your fingertip regularly for colour changes (e.g., blue, purple, or white). If you notice a colour change, remove the wrap and reapply it. Make sure it is not too tight.
7. Unless told otherwise by your occupational therapist, you can reuse Coban™ wrap until it gets wet or dirty, or stops sticking to itself.

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