How to Use Coban™ Wrap

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

You should wear your Coban™ wrap:

☐ all the time

☐ _____ hours per day

☐ only when _____

How to apply Coban™ wrap:

1. Cover any open cuts with a bandage or light gauze.

2. Gently unroll the Coban™ wrap. 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 uncovered, so you can see it (see bottom photo).

4. Gently wrap from your fingertip down. 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 changes in colour (blue, purple, or white). If you see a change in colour, remove the wrap and reapply it. **Make sure it is not too tight.**

7. Unless your occupational therapist tells you not to, you can reuse Coban™ wrap until it gets wet or dirty, or stops sticking to itself.