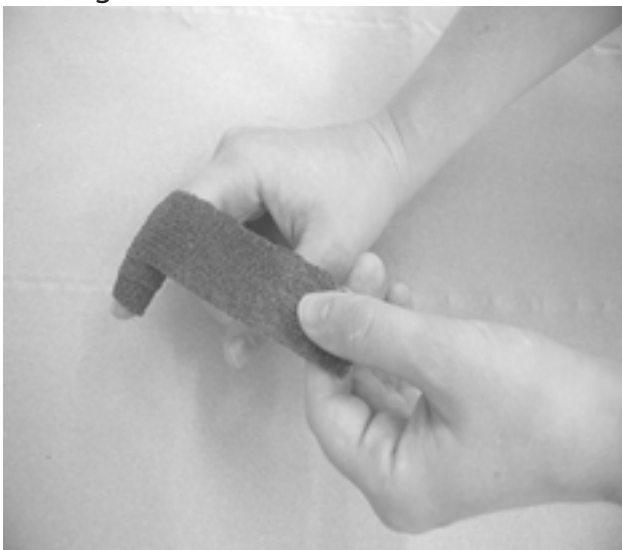


Coban is an elastic wrap intended to provide compression in order to reduce swelling. The elastic wrap contains a material that makes it stick to itself but not to other materials or skin.

Your Coban wrap can be reapplied many times, however if it becomes dirty or loses its elasticity you will need to replace it. It should not be washed. Coban wrapping is sold at large pharmacies and veterinary practices. There are other elastic wraps available.

## Directions for use

Start at the end of your finger or thumb, leaving the very tip free. Wind the Coban in a spiral fashion, down the finger towards the hand until you reach the base of the finger. **Do not** pull it tight. The Coban will contract by itself. The whole digit should be covered



## Precautions

If your finger turns white or blue with the Coban on, or you feel an increase in tingling of the fingers, remove the Coban and contact your therapist.

**You should wear your Coban** .....

Your therapist is

.....

Telephone 01342 414255

## Coban wrapping technique

If you'd like to find out how you can support QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)



Please ask if you would like this leaflet in larger print or a different format.

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