



PHYSIO FOR YOU

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COBAN 2 BANDAGING FOR LYMPHOEDEMA

COBAN 2 BANDAGING

Information about the 3M Coban 2 Layer Compression System

- Bandages stick to themselves and adhere to the comfort layer underneath providing better cohesion and less slippage
- Designed to provide 25-40mmHg
- Indicated for the management of venous leg ulcers, lymphoedema and other suitable conditions requiring compression therapy
- Must only be applied by a qualified professional
- Clinically tested and proved effective in the management of venous leg ulcers and lymphoedema
- Coban 2 bandaging for lymphoedema is designed to be left in place for 1-7 days. Your therapist will advise you when to remove your bandages

INSTRUCTIONS

- Bandaging is applied by your physiotherapist during treatment sessions. This can take 10-30 minutes, depending on the size of the area/s
- Bandages should feel firm, yet comfortable. You shouldn't feel excess pressure in any one area
- You should never insert anything under or into your bandages
- If you become itchy, try tapping the bandage or gently rubbing the opposite limb
- If your bandages feel too tight or uncomfortable, elevate the bandaged area (above the level of your heart) and gently move it around (wiggle fingers and toes, bend/straighten your elbow/knee). If symptoms settle within 20 minutes, leave the bandages in place. If symptoms do not settle, call Physio For You for advice on 43921547 or remove the bandages
- If you experience sudden, severe calf pain, remove bandages immediately and contact Physio For You and seek urgent medical attention
- Do not get bandages wet. Shower with a protector or plastic bag over the area or have a sponge bath.
- Your normal shoes may not fit while bandaged, so wear slippers, ugg boots, clogs or similar. If you don't have suitable shoes, a bandaged boot can be ordered for you.