Applying your Coban™ Wrap
You can apply the bandage around your finger in 2 ways. As with any elastic bandage, please apply the Coban™ wrap firmly, but comfortably.

For Your Safety
It is important to wrap Coban™ around your finger using an appropriate amount of tension. Take care not to wrap too tightly. Always start the wrapping at your finger tip.

If you have wrapped too tightly, you might notice:
• The finger feels cold
• The finger feels numb or tingly
• There is a change in skin colour in the area where you have applied the Coban™.

If you notice any of these changes, remove the Coban™. Wait several minutes until the symptoms settle down, then re-wrap the Coban™ more loosely. If the same symptoms happen again, then remove the Coban™, and tell your therapist on your next visit.

Finger Wrap 1: This method is used to control edema (swelling) in the finger.

1. Unwind about 8 to 10 inches of Coban™ wrap from the roll. Allow the strip of bandage to relax.
2. Start the bandage at one side of your fingernail. Wrap it around your finger to make one full turn (see figure A).
3. While gently stretching the bandage, wrap it again to make a second full turn, overlapping the first turn by half of its width (see figure B).
4. Continue wrapping the bandage until it reaches the base of your finger (see figures C, D and E).
5. When finished, cut the excess bandage off. Gently press it into place.
Finger Wrap 2: This method is used to shape the finger stump.

1. Unwind about 8 to 10 inches of Coban™ wrap from the roll. Allow the strip of bandage to relax.

2. Start the bandage at the bottom of your fingernail. Wrap the bandage up and over your fingertip, to the underside of your finger (see figure A).

3. Angle the bandage by 90 degrees (see figure B).

4. Wrap the bandage around your finger to make one full turn. It should cross over the start of the bandage (see figures C and D).

5. Wrap the bandage in a diagonal. Start at the bottom corner, wrap it over your fingertip to the opposite corner (see figure E), then back to start of the diagonal on the underside of your finger (see figure F).

6. Wrap the bandage over the front of the finger again (see figure G).

7. On the underside of your finger, make another diagonal from the bottom corner to the opposite corner (see figure H). Wrap it over your fingertip, back to the start of the diagonal (see figure I).

8. Wrap the bandage to make a full turn around the finger (see figures J and K).

9. Continue wrapping the bandage until it reaches the base of your finger (see figure L).

10. When finished, cut the excess bandage off. Gently press it into place.

If you have any questions or concerns, please contact your therapist.

Therapist name: __________________________________ Telephone number: ___________________

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**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.