

CobanTM wrapping

This leaflet provides you with information about CobanTM wrapping and how you can use it to help your hand injury heal.

If you need any further information or advice, please do not hesitate to contact your hand therapist.

What is CobanTM wrapping?

CobanTM wrapping is a self-adherent (self-sticking) wrap, made of elastic fibres. It contains a material, which allows it to stick to itself, but not to other materials, even skin.

What is it used for?

CobanTM wrapping is used to reduce swelling. Once it is in place, you can perform **active** exercises (as your hand therapist has shown you) with it on. Active exercise means that you are moving a finger joint by yourself without help from your other/unaffected hand.

How is it applied?

You apply it by wrapping it around the affected area. Begin from the fingertip and go down to the palm of your hand in a diagonal overlapping fashion. It is best to use the wrap when it has been stretched by about half its full capacity – so stretch it fully and then let it relax back. You should never cover up the tip of your finger or thumb with the wrapping. This is so that you can check the tip of your finger/thumb for any changes in circulation or sensation.

Precautions

- Check your finger regularly for any signs of inflammation, discolouration or circulation problems (the fingertip turning bright red or white and cold compared to your other fingertips). Throbbing or increased discomfort means it is too tight. Remove and re-apply.
- Do not apply CobanTM wrapping to an open wound.
- You can use CobanTM wrapping at night, but put it on 15 minutes before you go to bed. This gives you time to make sure it is not too tight, before you go to sleep.
- Store it away from direct heat as it may melt or lose its elasticity.

Contact us

If you have any questions or concerns, please contact the **hand therapy department** on **020 7188 4172** Monday to Friday 8am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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