

Hand therapy department

How to use Coban™ wrap

Information for patients, relatives and carers

Coban™ is an elasticated self-sticking wrap. It is stretchy and provides compression to help reduce swelling in your finger.

How to apply Coban™:

- starting just below the tip of your finger, stick the Coban™ on your finger and wrap it down towards your palm
- overlap each layer of Coban™ by a few millimetres
- **do not** stretch or pull Coban™ tight
- keep the tip of your finger visible so that you can check for changes in sensation and circulation.



When to wear Coban™: [✓]

- full time (24 hours a day) []
- daytime only []
- night time only []
- other _____

Using Coban™ safely:

-
- keep Coban™ dry. Take it off it before you have a bath or shower. If it ever gets wet, take it off your finger and replace it
 - do not use Coban™ if you have a latex allergy
 - do not use Coban™ on any open wounds
 - if the tip of your finger changes colour (goes white or purple) or if you start to feel pins and needles or numbness, you may have put the Coban™ on too tightly. Take it off and put it back on, not pulling so tight
 - if the pins and needles or numbness symptoms continue, stop wearing the Coban™ and tell your therapist at your next appointment

Useful contact details

To reschedule an appointment:

- 1) Phone: 020 3311 0333
Option 1: If your appointment is on the same day.
Option 2: If your appointment is another date in the future.
- 2) Email: appointments@imperial.nhs.uk

To contact a therapist: imperial.handtherapyimperial@nhs.net.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Hand therapy
Published: January 2024
Review date: January 2028
Reference no: 814
© Imperial College Healthcare NHS Trust