

Coban tape



Information for patients MSK Outpatients - Hand Therapy

What is coban tape?

Coban tape is a self adherent elastic wrap that contains natural rubber latex. It sticks to itself but not to skin. It can be used to help remove swelling in fingers

How do I apply the tape?

- Begin wrapping from the tip of the finger. Leave the tip free to check your circulation.
- Gently wind the tape around your finger overlapping each layer by roughly a third.
- Stop when you get to the base of your finger.

How long can I wear the tape for?

Coban can be worn for up to 23 hours a day. However when you first start to wear it you may be advised to wear it for a shorter time. At the end of this time, remove the tape and keep it safe. Each piece should last 5 applications.

Is there anything to look out for?

- Do not pull the tape too hard as it maybe too tight and make your finger change colour
- Do not get the tape wet as it will become too tight

Stop using coban if you experience any of the following:

- Numbness or pins and needles
- Your finger becomes cold or blue
- Allergic reaction

Who should I contact if I have any concerns?

Please contact your therapist on:

- **0114 271 5799**

and ask for _____

PTO

Statements

Complying with the instructions / treatment advice given by your therapist, and on this sheet, aims to provide you with a good outcome. However, this is not always guaranteed.

Your therapist will seek your consent for this treatment and will explain the risks, benefits and alternatives. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.



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