

Coban tape

Therapy Department

Patient Information Leaflet

Introduction

Coban tape is a thin, self-adherent (self-sticking) elastic wrap that sticks to itself but not to anything else, even the skin. It can be helpful in reducing swelling.

How do I use it?

- Wrap a single layer of Coban tape from the top of your swollen finger or thumb to the base.
- Make sure you put it on in an overlapping, spiral fashion as demonstrated by your therapist.
- Avoid pulling the tape too tightly whilst winding it around your finger or thumb.
- Leave the tip of your finger/thumb free so that you can check the colour of your finger or thumb while the tape is on.

You can use one piece of tape several times.

Important notes

You should remove the tape immediately if you notice any of the following:

- Pain or a throbbing feeling in your finger or thumb.
- The tip of your finger or thumb changes colour (any different colour from normal).
- Numbness, pins and needles or a tingling feeling in your finger or thumb.
- A possible allergic reaction, such as if your skin goes red, or it feels itchy or sore.

Do not place the tape over an open wound.

Do not get the tape wet – you will need to remove it for hand washing or personal care.

Specific recommendations from your occupational therapist:

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Occupational therapist, hand therapy team on 01384 456111 ext. 2430 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/occupational-therapy/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔