

Managing swelling in your finger/ thumb with Coban™ tape

Occupational Therapy

Information for Patients

Produced: May 2021

Review: May 2024

Leaflet number: 184 Version: 1

Introduction

Swelling in the hand is a normal response to injury or surgery. Fluid tends to invade all tissues surrounding the healing area and stretches the skin.

If the injured part of the body is immobilised or cannot move due to pain or stiffness, the fluid struggles to drain back into the system. If swelling is allowed to remain in the tissues it starts to thicken and can seriously affect movement.

It is very important to reduce swelling as soon as possible.

How to use Coban tape to help reduce swelling

- You have been given a stretchy sticky tape called Coban. Wrapping it round your finger like a bandage helps to reduce swelling.
- It is best to use the tape when it has been stretched by about half its full capacity – so stretch it fully and then let it relax back.
- Leaving the tip of your finger or thumb free, start at the tip by the nail and wind the tape down.
- You should apply the tape with some tension on the finger/ thumb. Do **not** put on too tightly.
- Bend and straighten your finger a few times and you will feel that the tape tighten up a little bit.



**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- Check the colour of your fingertip to make sure that it is not too dark; it should return to normal after a few minutes. If the skin remains dark, goes white or starts throbbing, you have applied the tape too tightly. Remove the tape and re-apply it with less of a stretch.
- If the Coban tape gets wet, please remove it, dry your skin and then reapply a dry piece.
- Coban is latex free.

How often should I wear the Coban tape?

You should aim to wear Coban tape for 2 to 3 hours at a time, several times a day.

Do not wear it overnight.

Continue with any exercises or use of your hand as advised by your therapist.

You can re-use the same piece of Coban until it no longer sticks to itself.

Contact details

Therapist Name: _____

Contact details: _____

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk