**3M™ Coban™ 2 Lite Compression System Application for the Breast (Method A)**

**Materials & Positioning**
- Select the 10cm (4 inch) or 15 cm (6 inch) 3M™ Coban™ 2 Lite Comfort Foam and 3M™ Coban™ 2 Lite Compression Layers depending on the size of the patient.
- It is useful to prepare strips of tape before starting the application of the comfort foam layer.

**Application of Comfort Foam Layer to Breast**

**Layer 1: Comfort Foam Layer**
- **Step 1:** Begin the application with a circular winding around the chest, positioned over the breasts.
- **Step 2:** Cut the material leaving a 3cm overlap onto the underlying material. This cut edge will be secured with tape just before finishing. Ask the patient to take a deep breath and begin the comfort foam layer application with a circular winding around the chest, positioned over the breasts.
- **Step 3:** Secure each strip with a piece of tape as needed. Be sure that the tape is positioned on the middle third of the circular chest winding. Avoid taping to skin.

**Layer 2: Compression Layer**
- **Step 4:** Gently lift the breast and cover with strips of compression foam layer applied longitudinally from front to back. Position the first over the center.
- **Step 5:** Cover the lateral side of the breast with strips of comfort foam layer so that the entire breast is enclosed. Secure each strip with tape.

**Application of Compression Layer to Breast**

**Layer 1: Comfort Foam Layer**
- **Step 6:** Secure each strip with a piece of tape as needed. Be sure that the tape is positioned on the middle third of the circular chest winding. Avoid taping to skin.

**Layer 2: Compression Layer**
- **Step 7:** Begin the compression layer application starting with a circular winding around the chest. Before finishing ask patient to take a deep breath. Cut and mould the end to secure to the underlying layer.
- **Step 8:** Cover the breast longitudinally with strips of compression layer applied at full stretch from front to back. The first strip should be positioned over the center and anchored to the circular winding posteriorly and posteriorly. Gently mould into place.

**Materials & Positioning**
- Select the 10cm (4 inch) or 15 cm (6 inch) 3M™ Coban™ 2 Lite Comfort Foam and 3M™ Coban™ 2 Lite Compression Layers for depending on the size of the patient.

**Application of Comfort Foam Layer to Breast**

**Layer 1: Comfort Foam Layer**
- **Step 1:** Begin the application with a circular winding around the chest, positioned under the breasts.
- **Step 2:** Cut the material leaving a 3cm overlap onto the underlying material. This cut edge will be secured with tape just before finishing. Ask the patient to take a deep breath and begin the comfort foam layer application with a circular winding around the chest, positioned under the breasts.

**Layer 2: Compression Layer**
- **Step 3:** Carefully lift breast and continue wrap upward towards opposite shoulder. Gently mould to breast anatomy. When coming across the shoulder avoid putting tension on top of the shoulder.
- **Step 4:** Continue with additional windings over the chest, over opposite shoulder until breast is covered. Cut and mould to anatomy. Secure with tape.

**Application of Compression Layer to Breast**

**Layer 1: Comfort Foam Layer**
- **Step 5:** (Optional—for bilateral breast support) Instead of cutting wrap, continue over shoulder and bring the comfort foam layer across chest to support and cover contralateral breast. Cut and mould to anatomy. Secure with tape. Continue to Step 6.

**Layer 2: Compression Layer**
- **Step 6:** Continue with additional windings around chest, over opposite shoulder until breast is covered. Mould to anatomy while wrapping. Cut and mould to anatomy.
- **Step 7:** (Optional—for bilateral breast support) Instead of cutting wrap, bring across chest to support and cover contralateral breast. Cut and mould to anatomy. Secure with tape. Continue to Step 6.

**Materials & Positioning**
- Select the 10cm (4 inch) or 15 cm (6 inch) 3M™ Coban™ 2 Lite Comfort Foam and 3M™ Coban™ 2 Lite Compression Layers depending on the size of the patient.

**Application of Comfort Foam Layer to Breast**

**Layer 1: Comfort Foam Layer**
- **Step 8:** Bring roll down and across patient’s back. Gently mould to anatomy while wrapping. Cut and mould to anatomy.

**Layer 2: Compression Layer**
- **Step 9:** Continue with additional windings around chest, over opposite shoulder until breast is covered. Mould to anatomy while wrapping. Cut and mould to anatomy.
- **Step 10:** (Optional—for bilateral breast support) Instead of cutting wrap, bring across chest to support and cover contralateral breast. Cut and mould to anatomy. Secure with tape. Continue to Step 6.

**Application of Compression Layer to Breast**

**Layer 1: Comfort Foam Layer**
- **Step 11:** Trim any areas that may hinder arm movement to allow maximum range of motion.

**Layer 2: Compression Layer**
- **Step 12:** Gently lift the breast and cover with strips of compression foam layer applied longitudinally from front to back. Position the first over the center.
- **Step 13:** Cover the lateral side of the breast with strips of comfort foam layer so that the entire breast is enclosed. Secure each strip with tape.

How to Apply/Remove

**Stretch-Press/Mould-Relax Technique**
To apply full-stretch application for constricted circumferential windings, apply the compression layer at full stretch with “mould-relax” wrapping, where, after each semi-circular winding, that piece is moulded to the underlying layer.

- **Step 8:** Press and mould to underlying layer and mould to the anatomy. Repeat Steps 3–4.

**Bandage Removal**
Dipping the scissors tip into a stream above comfortable and easy bandage removal.

- **Step 11:** Trim any areas that may hinder neck, arm or military movement to allow maximum range of motion. For additional comfort, bandage may be trimmed at the sutured process pain area.