

Hand Therapy Department

# Elastic strapping

Information for patients



Coband™ or a similar elastic strapping can be used to reduce swelling while still allowing your fingers to bend and move.

Start strapping at the tip of your finger. Wrap the strapping round and round, down your finger towards the base. Overlap the edge of the bandage as you circle down your finger.

The bandage should be firm at the end of your finger and get looser as you move towards the base.

Leave a small gap at the tip of the finger to monitor the colour of the skin. If it goes blue or your finger swells or starts to go numb, the bandage is probably too tight. Undo the strapping and then re-apply it less tightly.

If you are worried it is safer to leave the bandage off and speak to your therapist.

You will be advised in clinic about how long to wear the strapping. We advise you not to wear it at night as your hands will naturally swell. You can remove the strapping before bed and re-do it during the day if it starts to feel sore.

If you have any worries or questions about your strapping please contact:

Hand Therapy Department,  
Plastic Surgery Outpatients,  
LG1 West Wing,  
John Radcliffe Hospital.

Telephone: **01865 231 181**

08:30-16:30 Monday - Thursday

08:30-13:00 Friday

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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