### 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:** Ask patient to take a deep breath and begin the comfort foam layer application with a circular winding around the chest, positioned under the breasts.
- **Step 2:** With one hand, press and hold to underlying layer. Relax tension.
- **Step 3:** Apply the next semi-circular winding at full stretch.
- **Step 4:** Press and hold to underlying layer and mould to anatomy. Repeat Steps 3–4.
- **Step 5:** Apply an additional longitudinal strip to cover the previous endings. To guarantee that the application stays in place, hold to underlying material and mould to chest.
- **Step 6:** Cover the lateral side of the breast with strips of comfort foam layer until the entire breast is enclosed. Secure each strip with tape. Continue to Step 6.

#### Layer 2: Compression Layer
- The compression layer should be applied with relaxed tension when covering the breast.
- Full stretch application may be used for the lateral strips and for resistant areas of oedema as needed.
- It is recommended that you hold the roll close to the body throughout the application for controlled, even compression.
- Strips of tape should not be necessary for individual strips of compression layer. Press and mould the cut edges to the underlying layer.
- **Step 7:** Begin the compression layer 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 with relaxed stretch from front to back. The first strip should be positioned over the center and anchored to the circular winding anterior and posterior. Gently mould into place.
- **Step 9:** As needed, a final longitudinal strip to cover the opposite shoulder, over opposite shoulder until breast is covered. Mould and mould to anatomy. Secure with tape.
- **Step 10:** If additional support is required, ask the patient to take a deep breath. Carefully lift breast and cover with strips of comfort foam layer applied longitudinally from front to back. Position the first strip over the center and anchor to the circular winding anterior and posterior. Gently mould into place.
- **Step 11:** Trim any areas that may hinder arm movement to allow maximum range of motion.

## 3M™ Coban™ 2 Lite Compression System Application for the Breast (Method B)

### 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 1:** Ask patient to take a deep breath and begin the comfort foam layer application with a circular winding around the chest, positioned under the breasts.
- **Step 2:** With one hand, press and hold to underlying layer. Relax tension.
- **Step 3:** Apply the next semi-circular winding at full stretch.
- **Step 4:** Press and hold to underlying layer and mould to anatomy. Repeat Steps 3–4.
- **Step 5:** Apply an additional longitudinal strip to cover the previous endings. To guarantee that the application stays in place, hold to underlying material and mould to chest.
- **Step 6:** Cover the lateral side of the breast with strips of comfort foam layer until the entire breast is enclosed. Secure each strip with tape. Continue to Step 6.

#### Layer 2: Compression Layer
- The compression layer should be applied with relaxed tension when covering the breast.
- Full stretch application may be used for the lateral strips and for resistant areas of oedema as needed.
- It is recommended that you hold the roll close to the body throughout the application for controlled, even compression.
- Press and mould the cut edges to the underlying layer.
- **Step 7:** Begin the compression layer 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 with relaxed stretch from front to back. The first strip should be positioned over the center and anchored to the circular winding anterior and posterior. Gently mould into place.
- **Step 9:** As needed, a final longitudinal strip to cover the opposite shoulder, over opposite shoulder until breast is covered. Mould and mould to anatomy. Secure with tape.
- **Step 10:** If additional support is required, ask the patient to take a deep breath. Carefully lift breast and cover with strips of comfort foam layer applied longitudinally from front to back. Position the first strip over the center and anchor to the circular winding anterior and posterior. Gently mould into place.
- **Step 11:** Trim any areas that may hinder arm movement to allow maximum range of motion.