

INFORMATION FOR PATIENTS

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# Hand Therapy: Swelling management (pressure therapy)

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Pressure gloves and compression bandages (coban) apply external pressure to a swollen area. This can help 'push' swelling back into your circulation.

They can be worn continuously day and night, removing only to wash.

They should not prevent you from carrying out prescribed exercises or activities.

**All treatments should be used under the direction of a therapist. Any sudden increase in swelling, pins and needles, numbness or pain should be reported immediately to your therapist.**

If you have any questions or concerns about your exercises or your condition, please contact your occupational therapist

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on (01623) 622515, extension 4271.

**For appointment queries please contact Therapy Services reception at King's Mill Hospital on (01623) 622515, extension 3221, or Newark Hospital on 01636 685885.**

## Glove/finger sleeve

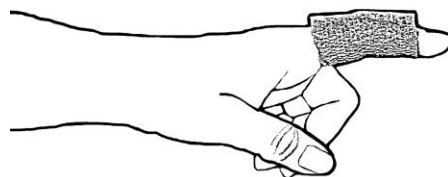
Your therapist will assess and measure you for these. They can be hand washed and will dry on a radiator.

## Coban

- When you apply coban leave your finger-tip free
- Do not apply too much stretch to the coban - you may make it too tight and affect the blood supply to your finger
- Check your finger tip does not go blue or numb after putting on the coban
- Coban contains rubber latex
- It will stick to itself but not to skin or clothing.

## Tube method

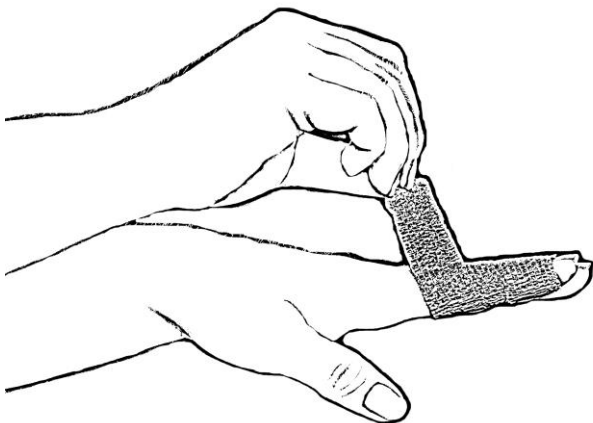
Cut a small semi-circle from a square of coban. Lay your finger over the piece of coban.



Join at the back of your finger and pinch the two edges together. Cut off any spare material.

### **Spiral method**

Start from the tip of your finger and wind the coban down your finger in a spiral. Overlap each turn by half and do not leave any gaps.



### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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