

Therapeutic taping is often employed very effectively when managing various conditions. To ensure that you get the most benefit and reduce the risk of any adverse side effects, please pay close attention to the following information.

Skin reactions can occur as a result of wearing adhesive tapes. Sometimes this is due to an allergic reaction to the glue or fabric but more commonly it results from excessive shearing forces on the skin. This occurs when the tape pulls too strongly on the skin usually from being over stretched when applied or when you move.



### CAUTION !

Remove immediately, discontinue use and seek medical advice if itching, stinging, burning, irritation, redness or rash occurs. (Pic 1)

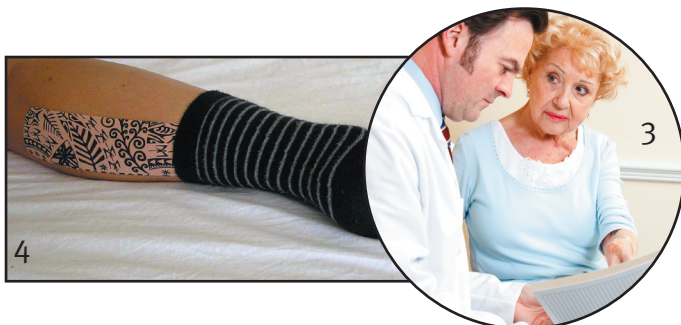
Do not wait until you cannot tolerate these symptoms any longer as by then the damage will have been done. These symptoms are your skin's way of telling you that there is too much tension or you have an allergy to the tape. Remove immediately and you may only have a little redness if anything.



- Allow at least 45 minutes to an hour before swimming, bathing or participating in vigorous exercise. (Pic.2)

- This will allow the glue to bond and the taping job will last much longer.

- The tape can generally remain in place for three to five days if you have been advised to leave it this long by your Health Care Practitioner and in the absence of any irritation as described above. (Pic. 3)



- Cover and care for your tape and it will last much longer. (Pic. 4)

- This helps to prevent the edges from lifting during sleep or rubbing on other surfaces.



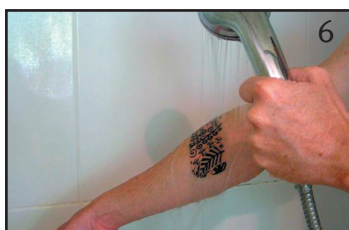
- If the end does start to lift simply apply firm pressure and hold for 60 seconds. (Pic 5)

- The pressure and heat will reactivate the heat sensitive glue and the tape will usually stick back down.



- Pat dry after a shower. (Pic 7)

- Remove carefully by holding the skin down and gently pulling the skin away from the tape. (Pic 8)



- Quick showers should be no problem but avoid soaking the tape if possible. (Pic 6)



- If peeling the tape, peel back along itself and not upwards (this creates more tension on the skin).

- Peel in the direction of hair growth.