

CARING FOR YOUR KINSEO TAPE

PRIOR TO YOUR APPLICATION

- Skin should be dry and free of all oils, creams and lotions.
- Excessive body hair may need to be trimmed or shaved.

CARING FOR YOUR APPLICATION

- Gently rub the tape after applying to activate the adhesive.
- Use precaution when putting on or taking off articles of clothing so that the edges of your application do not catch on the clothing. In cases with tight clothing such as socks, extra precaution should be used.
- It is recommended that you wait a minimum of 30 – 45 minutes before getting your application wet or participating in any vigorous activity.
- Kinesio Tex Tape can be worn while bathing, showering, swimming, etc. When drying off, pat or blot your application dry.
- Do not place direct heat on your application including heating pads, hot packs, blow dryers, etc. This will result in the adhesive over-adhering to the skin and making your application difficult to remove.

REMOVING YOUR APPLICATION

- If cared for properly, your Kinesio Tex ape application can be worn for a minimum of 2-3 days.
- Begin slowly removing the tape in the direction of hair growth.
- Use one hand to remove the tape and the other hand to press against the skin.
- Gently rubbing the skin after the application is removed can reduce sensitivity.
- If preferred, you can also apply olive oil or baby oil to the application before removing. The oil will help breakdown the tape's adhesive properties prior to removal.
- Do not remove the tape too quickly as this can irritate the skin.

If minor itching occurs after removing Kinesio Tape, try applying Maalox or Milk of Magnesia directly to the affected site.

Please do not hesitate to contact us with any questions, problems or concerns related to your Kinesio Taping.