

Kinesiology Tape Home Care Instructions

The application of Kinesiology Tape will support the goals for your care that we've established at Aragao Family Chiropractic. Unless you have been instructed otherwise by Dr. Aragao, you should try to keep the tape applied for five (5) days. There is no advantage to leaving it applied longer than five (5) days, so please remove the tape after the 5th day of wearing it.

- If at any time the skin around the tape becomes inflamed, itchy, red or the tape causes discomfort, carefully remove it and please contact Dr. Aragao for further instruction.
- The adhesive is waterproof and the tape is cotton and nylon and "breathes" well. Showering/bathing, as well as swimming, with the tape on is no problem, but be careful to pat the tape dry with your towel and not rub over the edges of the tape, causing the tape to peel.
- Likewise, be careful pulling clothing on/off over the tape because catching the edges of the tape with clothing will also cause the edges to start to lift up. If you have tape on your feet or ankles/lower legs, for example, roll your socks on so you do not have to lift the edges.
- If the edges of the tape start to lift, carefully use scissors to trim the excess off.
- When you remove the tape, work slowly and pull the tape in the direction that any body hair beneath it runs. If any adhesive is left behind, a shower and soap will usually remove it. If the tape is firmly adhered or the adhesive residue is resistant to removal in the shower, soak the tape or adhesive residue with baby oil for a few minutes to break down the adhesive, and then try to remove it.