Massage TLC Kinesio® Tape Instructions

What is Kinesio Tex® Tape?

- Kinesio Tex® Tape is a 100% cotton, latex-free, hypoallergenic elastic therapeutic tape.

Wearing Kinesio Tex® Tape

- Kinesio® Taping is a therapeutic technique, and the tape should be left in place for 3 to 5 days if possible. Please watch the taped area(s) closely, and remove the tape if any irritation (such as redness, swelling, or itching) occurs.
- Kinesio Tex® Tape may get wet in baths or pools. Following getting wet, simply pat the tape dry with a towel. NOTE: Because Kinesio Tex® Tape is a cotton tape it will not dry as fast as your skin when it becomes wet. Even then, DO NOT DRY THE TAPE WITH A HAIRDRYER because the adhesive is heat-activated, and the tape may become difficult to remove if heated.
- If the tape begins to roll up on any of the edges, simply trim off the excess to prevent it from getting caught on clothes and being pulled off more.

No Charge Removal at Massage TLC

- You are welcome to make a no-charge appointment for the removal of the tape, courtesy of Massage TLC. To make an appointment call 972-804-2468.
- If you plan to return for a re-taping session and you wish to remove the tape yourself by following the instructions outlined below, please remove the tape at least 24 hours before returning for your reapplication.

Self-Removal of the Tape

To remove the tape:

1. Please take your time when removing the tape. Kinesio Tex® tape adheres very well to the epidermis (outer layer) of the skin. To prevent injury to this delicate structure, the tape should gently be removed without lifting or pulling. DO NOT PULL THE TAPE OFF THE SKIN IN A QUICK MOTION as this can cause abrasions or skin irritations.
2. To prepare to remove the tape, place a thin layer of baby oil, cooking oil, or a skin care cream over the entire area of tape, and gently massage it in—or while showering or bathing cover the tape with shampoo. Let the tape soak for 15-20 minutes to soften the adhesive.
3. After soaking (see step above), loosen one end and hold the tape at an approximately 45 degree angle from the skin surface as you gently push the skin down to remove it from the adhesive. In other words, with one hand, press down firmly on the skin at the end of the taped area. Use the other hand to gently roll or peel the tape back.
4. As the tape is lifted, continue to press the other hand as close to the intersection of skin and tape as possible. Remember, you are not pulling or lifting the tape, but are gently pushing the skin down away from the tape as you hold the tape at the 45 degree angle. NOTE: It is more comfortable to remove tape in the direction of hair growth, which is usually away from the center of the body on the trunk, and in a downward direction on the arms or legs.

After the Removal of the Tape

- After the removal of the tape use a skin cream or Milk of Magnesia to hydrate the skin and relieve any irritation.

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If you have any questions, please call us at 972-804-2468