

# SKIN CARE WITH TAPING

## WEARING

- **The tape can be worn for several days.**  
Generally the tape can stay on for 4-5 days. Many people are able to wear the tape for a week or so. This may vary with the area being taped and your individual skin. Discuss this with your physical therapist.
- **Shower with the tape on.**  
The tape is water resistant and water proof. You may shower and swim with the tape on. Once out of the water, pat the tape dry.

## REMOVAL

- **Remove the tape in the direction of hair growth.**  
If you remove the tape in the opposite direction, it gives a “waxing” type of effect and may pull the hair out.
- **Pull your skin off of the tape.**  
Do not pull the tape off of your skin like a Band-Aid. Peel the tape back on itself and work the skin off of the tape as you peel the tape. Pulling away from the body at a 90 degree angle can pull off layers of skin, which causes redness and irritation.
- **Moisturize the skin.**  
Apply a light moisturizer to the skin as you normally would in your daily care.