

## **TAPING PRECAUTIONS**

Taping is often used as a part of our treatment. If you have been taped, please note the following precautions:

- You must notify your physiotherapist immediately if you have any allergic reactions to tape or bandages (E.g. band aids), have had reactions to tape in the past, or have a pre-existing skin condition that may make your skin sensitive.
- Tape should remain on your skin for a maximum of 48 hours, unless otherwise advised by your physiotherapist.
- If at any stage whilst the tape is on, your skin becomes red, hot, itchy, or uncomfortable, the tape must be removed immediately.
- If you notice pins and needles, tingling, or numbness around the area you have been taped, please remove the tape immediately.
- You may shower with the tape on (it may lose a small degree of effectiveness only) and use a hairdryer to hasten the drying time – otherwise it will dry naturally.



- When removing the tape, remove it slowly and carefully. Never rip tape from the skin as this will often result in layers of skin being removed with the tape, and hence you risk an unnecessary skin reaction.
- Some people find it easier and more comfortable to remove the tape whilst in the shower. Products such as lemon juice, eucalyptus oil, or tea tree oil may be helpful to remove any of the tape residue.
- If you do develop a skin reaction, please notify your physiotherapist immediately.

If you have any further questions in regards to your taping or are concerned about what you are feeling, please ring the clinic.



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