

## Kinesio Tape *(page 1 of 2)*

Patient name & ID: .....

Date: .....

Kinesio tape is a specialist elastic, cotton tape which when applied can help to create a 'lifting' action on the skin surface to improve the drainage of swelling following an injury or surgery. It can also be used to help to soften tight or raised scarring.

Your Kinesio tape has been applied to help with the following:

- Reducing swelling
- Softening scarring
- Supporting joints
- Other .....

**Please wear your kinesio tape** (to be completed by the therapist):

### Please do not wear your kinesio tape

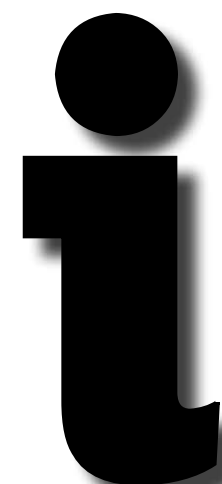
- For more than 4 days continuously
- Over open wounds or delicate skin.

### How to remove your kinesio tape safely

- It is more comfortable to gently remove the tape in the direction of hair growth.
- The tape can be gently rolled off the skin – please do not tear it away as this can cause damage to the skin and increased pain.
- Tape is easier to remove after a bath or shower once the glue has softened.

### General advice and precautions

- Kinesio tape sticks better to clean, hair free areas of skin. Your therapist may ask you to prepare the skin area by shaving away any hair before your appointment.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

- Kinesio tape can be left on for 3-4 days. Please do not leave the tape on for any longer than this.
- You can shower or bathe with the tape on. Do NOT use a hairdryer to dry the tape. This can cause the tape to stick too aggressively to your skin. Use a towel to dab the tape dry.
- The tape ends may start to curl or come unstuck – you can ask someone to trim the ends to prevent them peeling away completely.
- The skin needs to rest for at least 24 hours between applications. If the skin is sensitive the skin may need to rest for longer.
- Be sure to remove the tape immediately and gently if there is any skin irritation and/or sensitivity.

## How to re-apply your Kinesio tape

In some cases your therapist may ask you to re-apply the Kinesio tape yourself. The hand map below shows where you should be aiming to apply your tape when you repeat the application at home. Your therapist will write specific guidance below on how to apply the tape.

### Instructions on applying Kinesio tape (hand plan):

Name of therapist ..... Profession .....

Contact details: Burns and Plastics Therapy Team (01722) 336262 ex 3530

Wessex Rehabilitation Centre (01722) 336262 ex 2370