



PHYSICAL DIMENSIONS

CHIROPRACTIC, PHYSICAL THERAPY, SPORTS MEDICINE
www.physicaldimensionsihg.com

MEAD : 970.535.9900 // LONE TREE: 303.925.1050

FAX: 888.808.8236

INFO@PHYSICALDIMENSIONSIHG.COM

9068 FORSSTROM DR. C25 LONE TREE, CO 80124

209 MAIN ST. #E MEAD, CO 80542

RockTape Home Care Instructions

The application of RockTape will support the goals for your care that we've established at Physical Dimensions IHG. Unless you have been instructed otherwise, you should try to keep the tape applied for **five days**. There is no advantage to leaving it applied longer than five days, so please remove the tape after the 5th day of wearing it.

- 1) If at any time the skin around the tape becomes **inflamed, itchy, red or the tape causes discomfort**, carefully remove it and **please contact us** for further instruction at 303-925-1050.
- 2) 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 edge of the tape, causing the tape to peel.
- 3) Likewise, be careful pulling clothing on/off over the tape because catching the edges of the tape with clothing will also cause the tape to start to lift up. If you have tape on your feet or ankles/lower legs, for example, roll your socks on so you don't lift the edges.
- 4) If the edges of the tape start to lift, carefully use scissors to trim the excess off.
- 5) 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, then try to remove it.