

LIVING WITH LYMPHOEDEMA

KINESIO TAPE



Kinesio Tape is a special type of water-resistant elastic tape. When applied to the skin in a specific way it helps to soften firm tissues and reduce swelling by promoting the movement of lymph fluid away from a swollen area.

The Kinesio Tape can be kept on for 5-10 days depending on which tape you use (The K-Active tape can stay on for up to 5 days, the 6D blue with tabs tape can stay on for up to 10 days), then it will need to be removed to give the skin a rest for at least 24 hours. You can bathe with the tape on and pat it dry with a towel afterwards. If the tape starts to peel off at the edges, pat it back in place and as the tape dries your natural body heat will reactivate the glue.

Removing the tape

Always remove the tape in the direction of hair growth. Lift the tape from the skin and gently push the skin away from the tape rather than the tape away from the skin. It is easier to remove after bathing or when the skin is moist. If you are finding it difficult to remove, rub Vaseline or soap and water into the tape to loosen the glue.

After removing the tape, moisturise your skin and leave to rest for at least 24 hours before re-applying the tape.

If there is any sign of irritation e.g. redness, blistering, pain or itching, remove the tape immediately.

What to avoid:

- NEVER dry the tape with a hair drier when it is on your skin. Heat causes the adhesive to stick more than it should do. After bathing, allow the tape to dry naturally or pat dry with a towel
- NEVER use heat pads or artificial sources of heat on the tape

Tape can't be used:

- If you are allergic to the tape
- If you have broken, fragile or very thin skin
- If you have cellulitis
- Over an open wound

July 2025

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Your personal treatment plan...

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