

Scar tissue forms following surgery or an injury as your body heals and is a normal process. Research has shown that supporting scars by reducing tension on them can help to prevent abnormal scar tissue from scars thickening and tightening.

Your tape can be left in place for up to 7 days, however if it becomes dirty or loses its adhesion you may need to replace it sooner. You can wash over this type of tape but should ensure it dries properly. Tape is sold at large pharmacies and online. There are lots of different brands of tape and colours available, there is no difference in the tape properties between the colours.

Your therapist will suggest and tick below which taping technique to use.

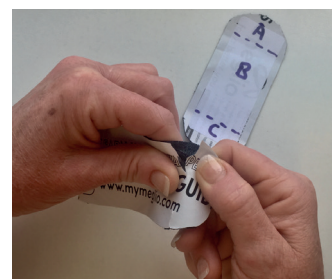
Technique 1

This technique is carried out using Kinesio-tape. Cut one strip of tape one inch longer than the length of your scar. Round the edges of tape as shown in the picture 1. Split the backing of the tape into three sections as shown in picture 2. Prepare the area of skin by wiping off any excess cream/oils and making sure it is clean and dry.

Peel off the backing portion of the tape in sections A and B. Stick section A end of the tape a centimetre above the top of your scar. Then stretch section B 50% of the tapes ability and stick it down over your scar. An example of this can be seen in picture 3. Peel off the backing on section C and stick it down with no stretch. In the end the tape should sit flat over the top of the scar an example of this can be seen in picture 4.



Picture 1



Picture 2



Picture 3



Picture 4

Technique 2

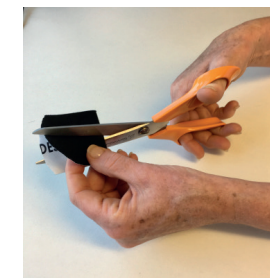
This technique is carried out using Kinesio-tape. Cut one strip of tape one centimetre longer than the length of your scar. Round the edges of tape as shown in picture 5. Prepare the area of skin by wiping off any excess cream/oils and making sure it is clean and dry. Fold the tape in half and cut a straight line down the middle of the tape, until you reach one inch from the ends. An example can be seen in pictures 6 and 7.

Peel off the backing portion of the tape. Stick the end of the tape 1 centimetre above the top of your scar and rub to adhere. Then stretch the tape 50% of the tapes ability and stick it to 1 centimetre below the bottom of your scar. Next take the left side of the central portion strip of tape stretch it 50% out to

left outside border of the scar and stick down. Rub the tape after sticking to adhere it to the skin. Take the right side central portion strip and stretch it 50% to the outside border of the scar and stick down. Rub the tape after sticking to adhere it to the skin. An example of the end taping can be seen in pictures 8 and 9.



Picture 5



Picture 6



Picture 7



Picture 8



Picture 9

Technique 3: Other

Blank lined area for notes.



Scar Taping

Therapy Department

Precautions

Do not apply tape to open wounds. If your scar becomes sore, blisters, reopens or your skin develops a rash, stop taping and contact your therapist.

Therapist's Name

01342414255

Please ask if you would like this leaflet in larger print or a different format.

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