

IMPORTANT AFTERCARE INSTRUCTIONS FOLLOWING A ROCKTAPE™ APPLICATION

RockTape™ is extremely safe and gentle on skin. However, if you notice that your skin becomes immediately hot or itchy within an hour after applying you should remove the tape immediately following the instructions below. When in doubt, remove the tape if it becomes to uncomfortable.

- When applying tape, skin should be clean and dry, no lotions or oils
- Tape should remain in place for 3-5 days. If you try to remove it before then it will be extremely difficult to remove. You will know it is ready to come off when the edges begin to roll off easily
- Tape can be worn in the shower, bath or swimming. Be careful to pat the area dry and not rub
- Remove the tape when your skin is dry. Water and sweat make the tape adhere more strongly
- Remove the tape 1" at a time slowly. Do not rip the tape off too quickly, you will risk removing skin
- We recommend one day of no tape in between taping applications to allow your skin to 'breathe' and replenish lost oils