

# Proper medical tape application and removal.

Awareness of, and training on, the latest techniques for applying and removing medical adhesive products can help reduce the risk of Medical Adhesive-Related Skin Injury (MARSi) and increase consistency of care across your facility. See specific product manufacturer's labeling for any additional or contrary directions related to preparation, application and removal.

## Prepare the Skin



- Clip/trim hair.
- Clean and dry the skin to remove soil and/or residue from medical grade adhesive remover, moisturizer or lotion.



- Apply 3M™ Cavilon™ No Sting Barrier Film to protect at-risk skin.
- Allow barrier film to dry completely before applying tape.
- Avoid routine use of tackifiers.

## Apply the Tape



- Apply tape to skin without stretching or tension.



- Apply firm pressure to activate the adhesive and gain full contact with the skin.

## Application Tips



- Tape should not be pulled or stretched when applied.
- Minimize touching adhesive surface to retain adhesive levels.
- Avoid gaps and wrinkles that can allow moisture to get between the tape and the skin, tubing or dressing.
- Do not encircle a limb completely with tape.
- If swelling occurs, loosen and replace tape. 3M™ Kind Removal Silicone Tape can be repositioned without compromising adhesion.
- When securing dressings, tape should extend a minimum of one-half inch (one inch is preferred) beyond the edge of the dressing to hold the dressing in place.

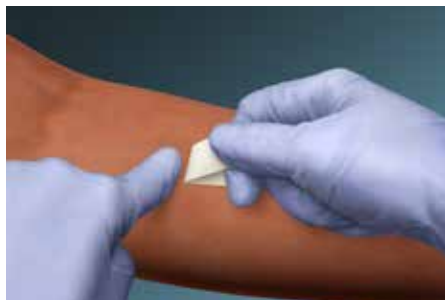
## Remove the Tape

Proper tape removal is critical in reducing the incidence of MARSI.

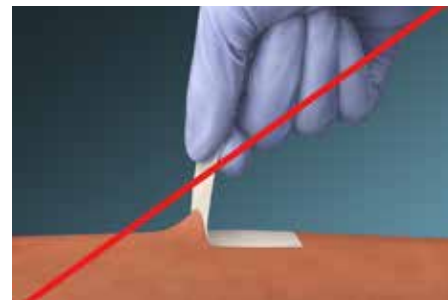


- Loosen edge of tape.

**Tip:** To start the edge, press a small separate piece of tape onto a corner of the piece to be removed. This serves as a handle for lifting the edge of the tape.



- Stabilize the skin with one finger at the peel line.
- Remove tape “low and slow” in the direction of hair growth, keeping it close to (parallel with) the skin surface while pulling it back over itself.



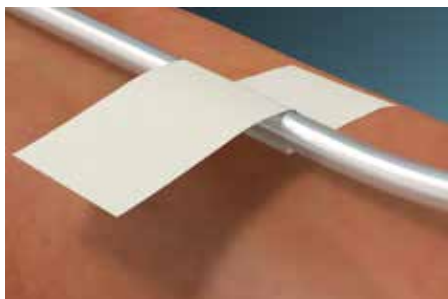
- Pulling tape at a vertical angle (perpendicular) to the skin will pull at the epidermis, increasing the risk of MARSI.
- As tape is removed, continue to support the skin at the peel line.

**Tip:** For tape that is strongly adhered to skin or hair, consider using a medical grade adhesive remover or moisturizer to soften the adhesive along the peel line (peel edge).

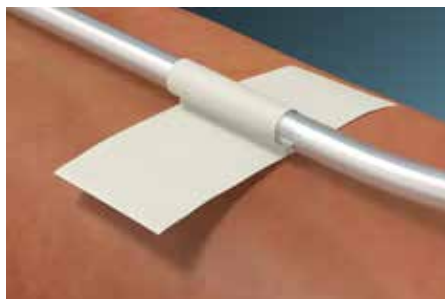
## Special applications.

### Securing Tubing: Omega Technique

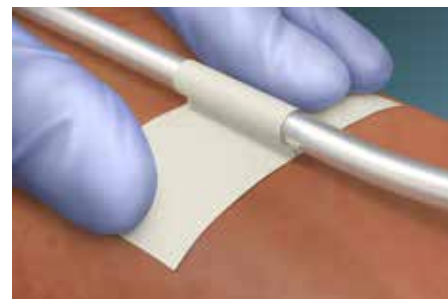
Optimal technique for securement and to reduce potential pressure under tubing.



1. Center tape over tubing: encircle tubing with tape.



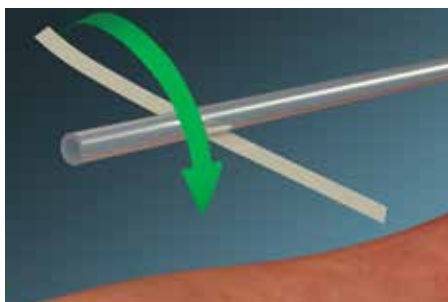
2. Where tape meets, pinch the two adhesive sides together.



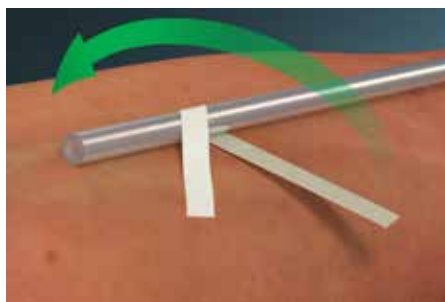
3. Secure remainder of tape to skin. Apply firm pressure to tape on both skin and tubing.

### Securing Tubing: Chevron Technique

Optional technique to help keep tubing securely in place; works best with thin tape strips or conformable tapes.



1. Center tape with adhesive side up, under tubing.



2. Cross one section of tape over tubing and secure to skin.



3. Repeat with other side of tape. Apply firm pressure to tape on both skin and tubing.