

# KT TAPE®

## KT PERFORMANCE+®

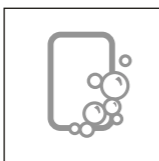
**NEW!**

# BLISTER PREVENTION TAPE\*



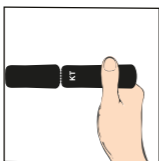
LEARN MORE & SEE INSTRUCTIONAL VIDEOS AT:  
[kttape.com/instructions/blistertape](http://kttape.com/instructions/blistertape)

## 1 APPLYING TAPE



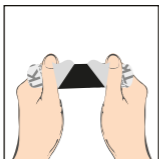
### CLEAN SKIN

Clean and dry the affected area before applying tape. For best results, clean with rubbing alcohol and let dry.



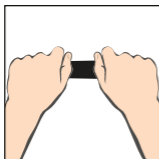
### TEAR OFF STRIP

Tear off precut tape strip from tape roll ensuring the paper backing is still attached.



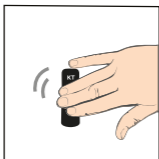
### PEEL PAPER

Carefully peel back both sides of the paper backing from the tape starting in the center of the strip without touching adhesive.



### APPLY TAPE

Apply adhesive side of the tape directly to desired skin area while continuing to fully remove paper backing.

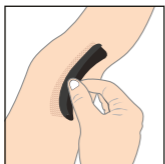


### RUB TO STRENGTHEN THE ADHESIVE

Once applied, gently rub the top of the tape to ensure optimal adhesion.

\*Barrier tape has been clinically shown to reduce the occurrence of blisters.

## 2 HOW TO REMOVE TAPE



### TO REMOVE (DO NOT RIP OFF)

Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape up with the other hand. Remove slowly.

**WARNING:** For external use only. Do not use this product if you have poor circulation, fragile skin, or are diabetic. Do not use if you are allergic to any component of this product. Do not apply to any infected areas. Product should not be used to treat already formed blisters. Only apply each strip one time. Discontinue use if skin becomes irritated. Do not use product if paper backing has been damaged or removed. This product is not made with natural rubber latex. One or more of the components of this product is a dyed material. There is a possibility that some color migration may occur during use. **READ ALL CAUTIONS AND INSTRUCTIONS PRIOR TO USE.** ©2017 KT Health, LLC, American Fork, UT 84003. All rights reserved.

**NOTE:** Store away from sunlight in a dry, cool environment between 20°C to 25°C (68°F to 77°F).

**Questions?** Email us at

[support@kttape.com](mailto:support@kttape.com)

LEARN ABOUT OUR PRODUCTS AT [www.kttape.com](http://www.kttape.com)

#### ORIGINAL Cotton Tape - Lasts 1-3 Days



#### PRO® Synthetic Tape - Lasts 4-7 Days



#### PRO EXTREME® Extra Strength Adhesive - Lasts 4-7 Days



#### GENTLE TAPE Easier Removal - Lasts 1-3 Days



#### RECOVERY PATCH® Swelling & Inflammation Relief



\*Not clinically proven for all injuries

#### PRO X® PATCHES Targeted Pain Relief



#### KT FLEX® Extra Support For Knee



!Not clinically verified

#### KT RECOVERY+® ICE/HEAT Wrap System

