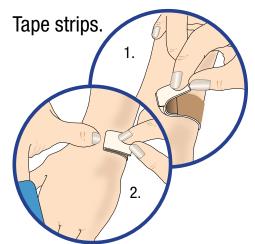


Tape and Transparent Film Dressing Removal

Proper tape removal is critical in reducing the occurrence of traumatic skin injuries.



- 1. Loosen edges of tape. If necessary, press a small piece of tape onto a corner to start an edge of the tape.
- 2. Stabilise the skin with one finger. Remove tape "low and slow" in direction of hair growth, keeping it close to skin surface and pulled back over itself. Removing tape at an angle will pull at the epidermis increasing risk of mechanical trauma. As tape is removed, continue supporting newly exposed skin.
- 3. For tape that is strongly adhered to skin or hair, you may consider using a medical grade adhesive remover or moisturiser to soften the adhesive along the peel line (peel edge).

3M[™] Tegaderm[™] Transparent Film Dressing.



Stretch method

- Rub piece of tape onto one corner of the Tegaderm dressing.
- Gently lift edge.
- With other hand, place fingers on top of dressing to support skin.
- Gently stretch the Tegaderm dressing straight out and parallel to skin. This will release the adhesion of the dressing to the skin. As the Tegaderm dressing is loosened, you may either (1) alternately stretch and relax the dressing or (2) "walk" your fingers under the dressing to continue stretching it. With both approaches, one hand continually supports the skin adhered to the Tegaderm dressing.



Tape peel method

This procedure is similar to the method described for removing tape strips.

- Stabilise skin next to the Tegaderm dressing.
- With other hand, grasp one edge of the dressing.
- Slowly peel dressing back over itself, "low and slow," in direction of hair growth. Removing dressing at an angle will pull at the epidermis, increasing risk of mechanical trauma. As dressing is removed, continue moving finger as necessary, supporting newly exposed skin.

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