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Low-Dye Strapping Instructions

The strapping/taping gives you support like a “mini-cast” or splint to reduce the strain on your foot, heel, and/or ankle.

- ◆ Leave on for 1-5 days or according to your doctor’s instructions.
- ◆ Keep it dry.
- ◆ Place a knee high stocking over the taping to protect it from sticking to blankets and cotton socks. This helps ensure the taping lasts.
- ◆ If you notice any itching, burning, or a rash under or around the taping, remove it.
- ◆ While icing, use a towel between the ice pack and taping to keep it dry.
- ◆ Please remove the taping prior to your next appointment.
- ◆ To Remove: Shower with the taping on or soak it in water. Starting where the taping has already been cut, continue ripping the strip going across the top of the foot then **slowly** peel the tape down towards the heel.

::If you notice the taping getting gummy or sticky you can use baby powder over the taping a few times a day to reduce the stickiness::

DO NOT GO BAREFOOT