



**MIXTAPE BY SOCK DRAWER HEROES IS AN ALTERNATIVE OR ADDITIONAL WAY TO ACHIEVE A BINDING OR TUCKING RESULT.**

**SDH MIXTAPE IS MADE OF 95% COTTON, 5% SPANDEX, WITH A MEDICAL GRADE ACRYLIC ADHESIVE. IT IS WATER RESISTANT AND BREATHABLE.**

**SDH MIXTAPE COMES IN A RANGE OF COLOURS. EACH ROLL IS A CONTINUOUS 5M LONG AND COMES IN 3" AND 4" WIDTHS.**

**BEFORE USING MIXTAPE, IT'S IMPORTANT TO APPLY A SMALL TEST STRIP FOR AT LEAST 1 HOUR TO YOUR SKIN TO MAKE SURE YOU WON'T EXPERIENCE ANY ADVERSE EFFECTS, SUCH AS EXCESSIVE ITCHING OR SWELLING. IF THESE OR ANY OTHER EFFECTS OCCUR, STOP USING AND CONSULT YOUR GP.**

**DO NOT USE ON DAMAGED OR BROKEN SKIN. WE RECCOMEND HAIR REMOVAL BEFORE APPLYING. FOR SINGLE USE ONLY - FOR EACH APPLICATION, USE FRESH TAPE.**

## **APPLICATION:**

1. Determine the length you need by unrolling the tape and holding against the area to be taped, cut tape to the desired length.
2. You will need to create protection for sensitive areas of skin such as nipples. You can do this with non adherant dressings, found at many chemists and supermarkets, or you can fold up a tissue.
2. Before applying the tape make sure the skin is clean and dry. This includes being free of lotions and moistures which will affect the adhesive.
3. Carefully tear the paper 3-4cm from one end to remove it without touching the adhesive and apply; gradually remove rest of the paper while applying.
4. Apply initial attachment at the beginning with no stretch, then apply with stretch in the middle and no stretch at the end. Once applied, rub the tape to activate the adhesive.

## **REMOVAL**

We recommend not removing the tape when it is dry! This will be painful and likely to irritate the skin.

1. Apply oil to the tape to break down the adhesive. Coconut oil is a great option as it will also help to remove mucky tape marks, moisturise your skin and it smells amazing!
2. Pull in the direction of hair growth, if any, whilst holding the skin taut.
3. Moisturise your skin and give it a break before applying more tape.

Take note of any irritation or broken skin. If you notice these, do not reapply tape until your skin has healed. If you are concerned with irritation please seek advice from your gp.

**IF YOU HAVE ANY QUESTIONS, EMAIL US AT  
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