

Advice for Lip Taping

- . Lip-taping is not suitable for children less than 3 years of age, and/or individuals that are incapable of removing the tape themselves.
- . Make sure the individual is capable of nasal breathing (tape for 3 minutes while awake).
- . Start with 3 minutes, then work towards 1 hour during the day
Do not tape at night unless directed by your doctor or dentist
- . Lip-taping should not be used if the patients are sick or have a cold, as these illnesses could cause nasal obstruction.
- . If the patients have an upset stomach or drank alcohol, there is a chance of nausea or vomiting, so lip-taping must be avoided.
- . Finally, lip-taping should not be used in combination with any sedative or narcotic medications.
 - TIP: make a tab on the end of the tape for easy removal
- adhesive- if this is irritating to the skin, you may try paper tape
- brands for lip tape:
 - 1” 3M micopore (regular or paper tape)
 - Somnifix
 - myotape- <https://myotape.com/for-children-teens/>

