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**Follow-up Instructions For Taping Done by Doctor**  
**This taping is a special technique that helps with pain and support of the**  
**foot**

- Patient should remove tape after 2 / 3 days
- No Soaking in a Hot Tub or Jacuzzi.
- Patient may shower.
- Lightly dust with Zeasorb Powder or talcum powder to keep edges from rolling.
- If tape gets too tight on instep, patient may snip tape on the top.
- After 2 /3 days - remove tape please.
- Call office to let staff know how taping felt. Did it help or not? It is important to let us know the results of the taping, so the doctor can follow the next course of treatment for your particular condition.

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