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MOUTH TAPING

1. It is best to start with increments of time during the day and when ready move to nighttime.
2. You do not have to use the whole strip and it does not have to go horizontally covering the whole lips.
3. It is recommended to start with a small piece of mouth tape and place it vertically over the top and bottom lip in the middle, underneath the nose.
4. The tape is sticky, so do not tear it off quickly. It is best to apply the tape to the hand or forearm before placing on the lips to help break the seal of adhesive tape.

TIPS:

- Children may need to start with 5 or 10 minutes.
- If you feel claustrophobic start with a small amount of time and then increase when you are ready. It is a good idea to practice hand on chest and tummy breathing while doing the mouth taping exercise.
- Apply vaseline or chapstick on the lips before placing mouth tape.
- Nexcare 3M paper tape or Butyeko tape is recommended.