

Six-Dimensional Activation  
**6D TAPE®**

Small handles – great benefits!



*Six-Dimensional  
Activation*

Active  
**6D**  
tape with  
mobilization  
handles



Patented

For treating  
scars and swelling after

**breast-  
operation**

Self-care package for scars and  
swelling after breast operation.  
Includes treatment instructions and  
precut 6D Tape strips for two  
3-10 day treatments

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6D Tape self-care package

# Active six-dimensional 6D Tape with mobilization handles for treating scars and swelling after breast operation

## The 6D Tape method For scars and swelling after breast operation

### Scars and swelling after breast operation

The scar that forms after a breast surgery may generate adhesions between the damaged tissues. The adhesions often limit the sliding of the tissues as well as reduce the elasticity and movement of the tissue. A scar adhered to the connective tissue, or fascia, often limits movement and causes pain, not just in the area of the scar but also elsewhere in the body due to tightened connective tissue chains.

Lymph flows in the surface layers of the skin. Swelling or lymphedema results when scar tissue with adhesions blocks the lymph flow. Lymphedema may also be caused by the surgical removal or injury of the lymph nodes. Removing the lymph nodes from the armpit of a breast cancer patient may result in a life-long lymphedema in the arm.

Soft tissue manipulation may increase the mobility and elasticity of the scar area, detach adhesions attached to connective tissue and reduce swelling.

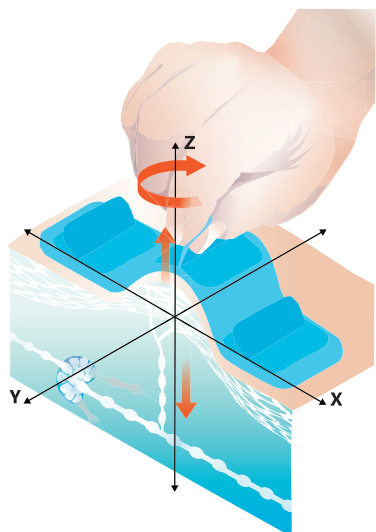
### Six-dimensional mobilization of the tissue with 6D Tape

6D Tape handles are designed to aid the user to mobilize the tissue in six directions. The six directions are to the front, side and up, or in the directions of the x-, y- and z-axes, plus rotations around each axis.

The mobilization of the tissue has a positive effect on the lymphatic system, blood flow, fascia, scar tissue, muscles and joints. Activation of the tissue up and down with the 6D handles improves the metabolism and fluid flow in the tissue.

### Starting the treatment of scars and swelling after breast operation

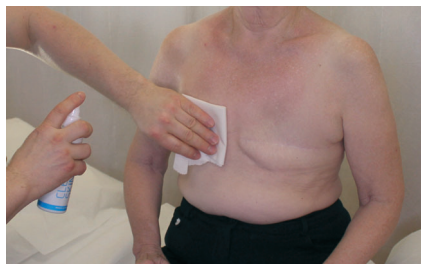
The treatment should be initiated on the scar no later than three weeks after the scar is formed or immediately after the sutures have been removed. However, do not start treating the scar if breast cancer treatment is ongoing – first consult the treating physician. The scar is treated according to the instructions by mobilizing the scar area directly. Swelling in the scar area should be treated earlier by activat-



ing the lymph flow around the scar, while ensuring that the scar is not moved, and the healing process is not interfered with. Treating older scars is also recommended, since the connective tissue of the body is in a constant state of reshaping itself. Therefore, loosening the adhesions of the scar and improving elasticity is possible several years after the scar was formed.

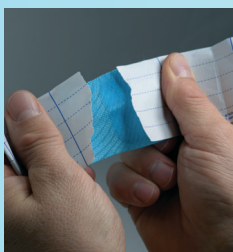
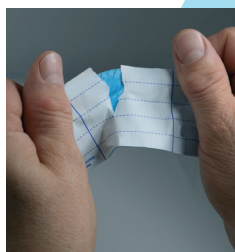
## Taping and treatment instructions

1. Shave the hair and clean the skin in the taping areas as shown in Picture 1.

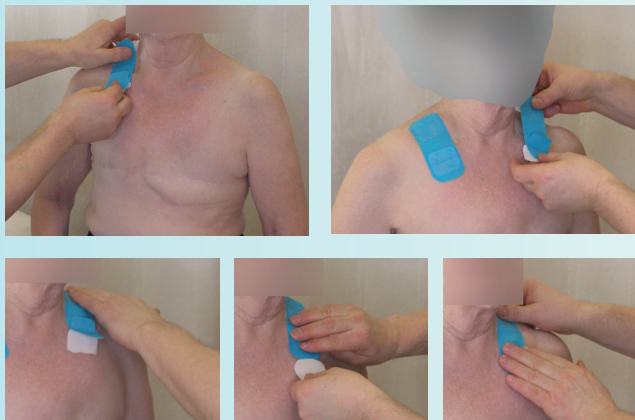


**Picture 1. Shaving the hair and cleaning the skin before taping.**

2. Start cutting the backing paper by stretching the tape slightly as shown in Picture Series 2. Proceed to cut the backing paper by stretching the tape. Remove the backing paper carefully, however, leave both ends of the backing paper in place in order to place the tape onto the skin without touching the adhesive. Do not stretch the 6D Tape. If you must stretch it, then it is recommended to only stretch it 0–15%. If you do stretch the tape, remember not to stretch the anchors, i.e. the ends of the tape. Attach the 6D Tape to the desired area starting from the middle and hold the end of the tape with the help of the backing paper. Avoid wrinkles. Finally remove the backing paper from the end of the tape. Repeat for the other end of the tape. Rub the tape gently but firmly from the middle towards the ends. Increase the rubbing pressure slightly in every rub to ensure a strong hold on the skin.



**Picture Series 2. Cut the backing paper by stretching the tape slightly between the handles.**

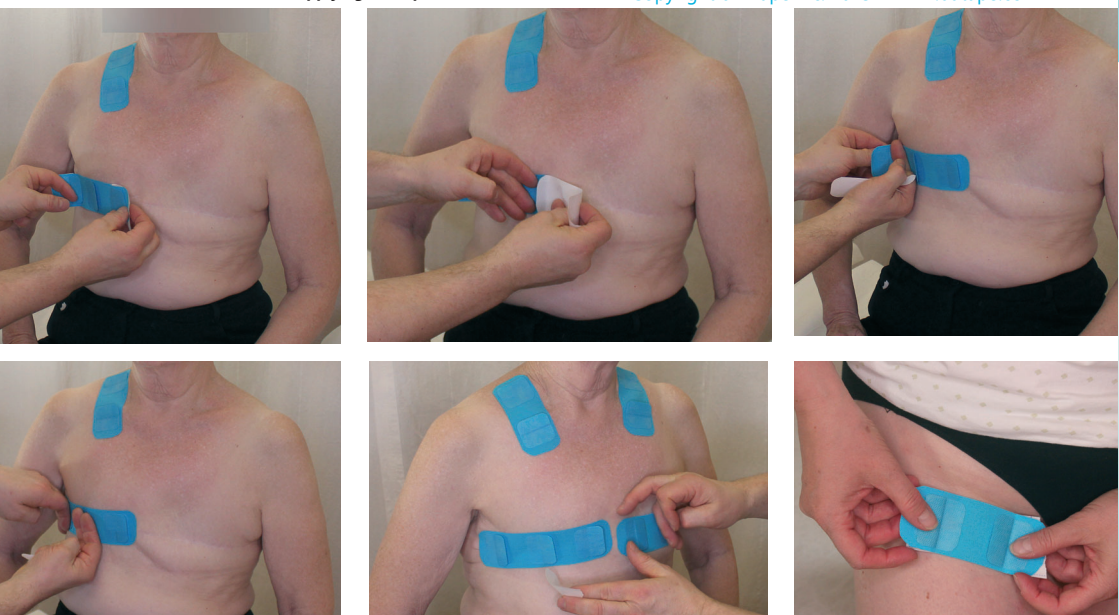


**Picture Series 3. Applying a two-handed strip of 6D Tape in the supraclavicular fossa area.**

**3.** If the scar or swelling is located in the arms or in the body above the breastbone (sternum), place the two-handed strip of 6D Tape above the clavicle bone (collarbone) on the supraclavicular fossa area on the side of the body where the targeted scar or swelling is. If the scar or swelling is in the legs or in the body below the sternum, place the strip of tape in the area of the left supraclavicular fossa. You can also attach strips of tape in both supraclavicular fossae. Apply a two-handed strip of 6D Tape always to area of the left clavicle bone (collarbone). Place the tape so that the clavicle bone is between the handles or both handles are above the clavicle bone as shown in Picture Series 3. Always place both handles above the clavicle bone if the lymph nodes in the armpit have been removed. Keep the head a normal position looking straight forward. Don't turn the head or stretch any muscles. Rub the tape gently but firmly from the middle towards the ends to ensure a strong hold on the skin.

**Picture Series 4a. Applying 6D Tape on a scar.**

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## 4. Applying 6D Tape on a scar

Depending on the length of the scar, place a two-handed or three-handed strip of 6D Tape over the scar so that the scar is covered as shown in Picture Series 4a. If the scar is long, e.g. the whole costal arch, use several 6D Tape strips of that length in order to treat the entire scar. Attach both ends of the tape by using the backing paper as shown in Picture Series 4a. Avoid stretching the tape and touching the adhesive of the tape with your hands. Attaching a two-handed strip of 6D Tape in the area of the groin lymph nodes on the side of the scar will make the treatment more effective.

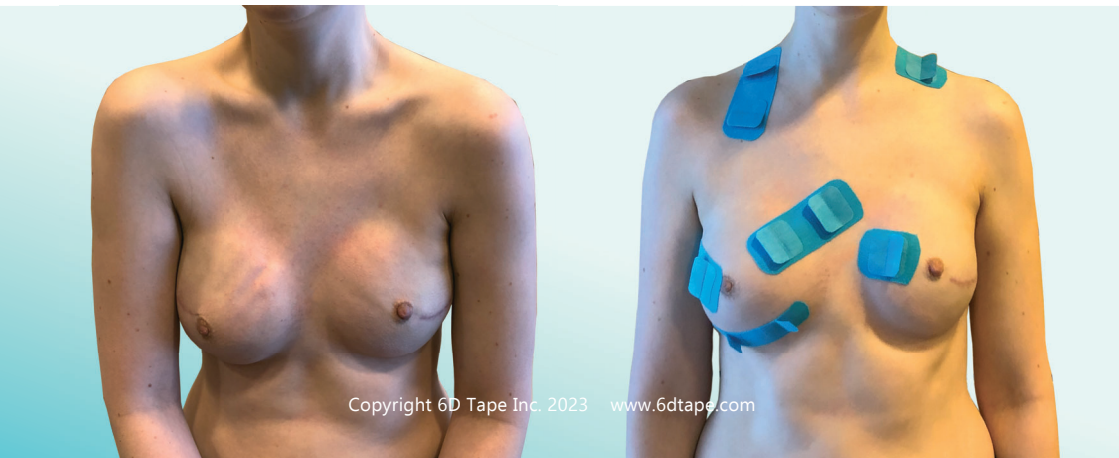
Picture Series 4b shows the application of tape in the back of the costal arch. Picture Series 4c shows the application of tape on tissue adhesions and scars after a breast implant operation. The application of the tape on a post-operative scar on the breast is shown in Picture 4d.



**Picture 4d. Applying 6D Tape after a breast implant operation.**



**Picture Series 4b. Applying 6D Tape on the back of the costal arch.**



**Picture Series 4c. Applying 6D Tape on tissue adhesions and scars after a breast implant operation.**

## 5. Applying 6D Tape on swelling in the arm when the lymph nodes in the armpit are intact

Apply two-handed strips of tape to the top of the shoulder and the upper arm, on the inside of the elbow and on top of the hand. Alternatively, you can apply a one-handed strip of tape on top of the hand. Keep the arm in the natural position, slightly bent at the elbow.

## 6. Applying 6D Tape on a lymphedema in the arm when the lymph nodes in the armpit have been removed

a) If the lymphedema in the arm is caused by removal of the lymph nodes in the armpit, and you need to wear a compression sleeve, proceed as follows: apply two-handed strips of tape on the area outside of the compression sleeve on the shoulder, on top of the hand, and in the lymph node area of the groin on the same side of the body. If the two-handed strip is too long for the area to be treated, you can use a one-handed strip. Apply the activation tapes in both supraclavicular fossae above the clavicle bones (collarbones).

b) If the lymphedema in the arm is caused by removal of the lymph nodes in the armpit, and a compression sleeve is not being worn, proceed as follows: apply two-handed strips of tape on top of the hand, on the outside of the elbow, on the shoulder and in the lymph node area of the groin on the same side of the body. Apply two-handed activation tapes in both supraclavicular fossa above the clavicle bones. If you want, you can place a one-handed strip of tape between the longer tapes to make the treatment more efficient. You can also replace the longer tape with the shorter one. For example, in Picture 6, the tape on top of the hand is one-handed strip. The picture also shows a strip of tape over the scar on the breast.

**Note:** Do not start the treatment right away, since the adhesive of the tape reaches its maximum adhesion for treatments 15 minutes after the tape is attached. The 6D Tape with handles should be attached to the skin for a minimum of 30 minutes before doing sports.

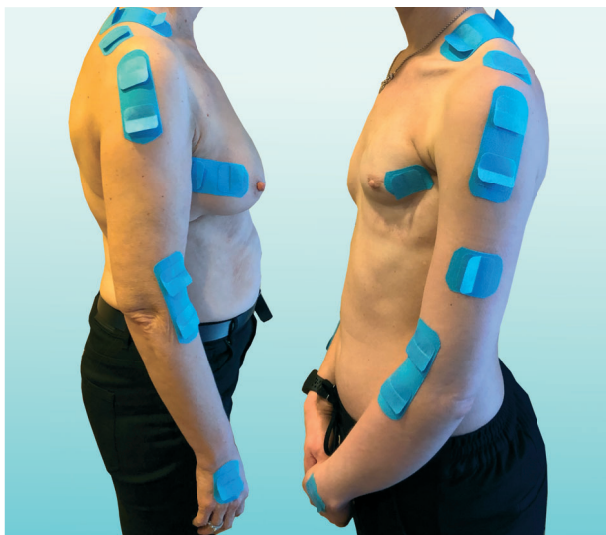
## 7. Treating scars with 6D Tape

a) First activate the supraclavicular fossa area above the clavicle bone by pressing and lifting the tape by the handles approximately 15–30 times, or for about a minute.

b) Continue the mobilization in the scar area by pressing, lifting, pulling and twisting the tape by the handles for 5–10 minutes.



Picture 5. Applying 6D Tape on a lymphedema in the arm when the armpit lymph nodes have not been removed.



Picture 6. Applying 6D Tape on a lymphedema in the arm when the armpit lymph nodes have been removed.

- c) End the treatment by pressing and lifting the tape by the handles in the supraclavicular fossa area approximately 15–30 times, or for about a minute. Repeat the treatment every 3–4 hours.

## 8. Treating swelling in the arm with 6D Tape

- a) First activate the area above the clavicle bone, that is supraclavicular fossa, by pressing and lifting the tape by the handles approximately 15–30 times for one minute.
- b) Continue the mobilization by pressing, lifting, pulling and twisting the tape by the handles, first in the shoulder area, then on the elbow and lastly, on the hand. Treat each area for approximately 1–2 minutes. Continue the treatment in the opposite direction in the reverse order. End the treatment by pressing and lifting the tape by the handle 15–30 times in the supraclavicular fossa area for one minute. Repeat the treatment every 3–4 hours.

## 9. Treating a lymphedema in the arm with 6D Tape

- a) First activate the supraclavicular fossa areas on both the left and right side by pressing and lifting the tape by the handles approximately 15–30 times for one minute. Then activate the lymph node area of the groin approximately 15–30 times for one minute.
- b) Continue the mobilization by pressing, lifting, pulling and twisting the tape by the handles, first in the shoulder area, then on the elbow and lastly, on the hand.

Do not attach tape to your elbow if you are wearing a compression sleeve. Treat each area for 1–2 minutes. Continue the treatment in the opposite direction in the reverse order. End the treatment by pressing and lifting the tape by the handle 15–30 times first in the lymph node area of the groin for one minute and then in the area of both left and right supraclavicular fossa. Repeat the treatment every 3–4 hours.

## 10. Removing 6D Tape

The recommended period the tape should remain on the skin is a duration of 3–10 days. The time that the adhesive of the tape holds may depend on the number and intensity of the treatment sessions. Once the tape starts to come off, it can no longer be reattached to the skin. When removing the tape, first warm it up by rubbing it gently and then carefully roll the tape off along the skin to avoid skin irritation.

View 6D Tape taping example videos at: [www.6dtape.com](http://www.6dtape.com)

**6D Tape Inc. products are designed for physiotherapy, lymphatic drainage therapy, scar, fascia and massage treatments as well as for self-care.**

### Adhesive

The acrylic adhesive used in the 6D Tape with handles is strong and hypoallergenic. It does not contain latex.

### Material

The base material of 6D Tape is a unique and skin friendly kinesiology tape. 6D Tape is made of 98% cotton. The base material is elastic. The handle material is non-elastic. The material including the handles is breathable and water-resistant.

### Contraindications of 6D Tape treatment

All contraindications of massage, physical therapy, and lymphatic drainage therapy. An acute infection. Cancerous tumors when treatments are underway – first consult the treating physician. Open wounds – do not use the tape and apply treatment on an open wound. Do not use the tape and apply treatment directly on a fresh injury. Recent thrombosis. Hemophilia. Exercise caution when treating thin skin. Vascular grafts – do not apply treatment directly on grafts. Varicose veins – do not apply treatment directly on varicose veins. Pregnant women should not be treated without the consent of care personnel. Pacemaker – do not apply treatment directly on the pacemaker or its wires. Exercise caution in the throat and neck area – in particular on large vessels. Cardiac edema, or a protein-poor swelling due to congestive heart failure. If you are unsure about the suitability of the 6D Tape, contact a specialist familiar with the treatment or a physician before starting the treatment.

### Note

Discontinue the use of the 6D Tape immediately if symptoms such as itching, or skin irritation occur. Stretching the tape while applying it is one of the most common causes of skin irritation or other unwanted skin reactions. Do not apply the tape to damaged or irritated skin. Do not use the tape for any other purpose than its intended use. The ideal temperature to apply the 6D Tape is 20–30 °C. Store the tape at a temperature of 5–30 °C. Do not expose to direct sunlight. For single use only. Keep out of the reach of children. The color of the tape may differ from that shown on the package and in brochures. Remember to drink enough water, because the 6D Tape treatment increases lymphatic drainage in the body.



**Patented, 6D Tape is a trademark of 6D Tape Inc.**

**European Union:** CE MDR 2017/745/EU: Class 1

**USA:** FDA Class 1, 510(K) Exempt, Product code KGX, Regulation # 21 CFR 880.5240, Listing # D442239

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