



# CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

## How to Lip Tape

What you will need:



Micropore Tape (ca. 3-4cm)



Scissors



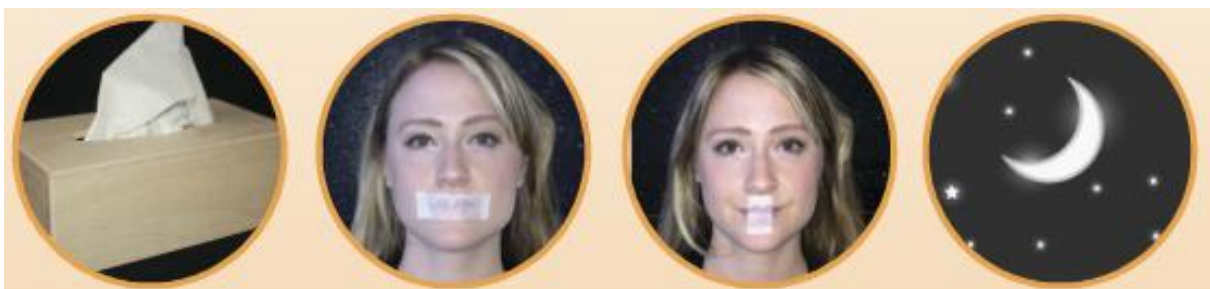
Lips



1. wash face and  
Brush and floss teeth

2. Cut tape to put on  
horizontally

3. Fold tape on both ends to make it easy rip  
off



4. pat your lips dry

5. Relax your lips and  
Apply tape horizontally  
over mouth

6. For Beginners:  
put tape vertically over  
mouth

7. Nighty-night!

If you tear off the tape in your sleep...contact Dr Charles A. Smith. He can help you figure out what is stopping you from consistently breathing out of your Nose. Perhaps you have Allergies, a deviated septum, reactive turbinates, large adenoids/tonsils, or other airway issues that need to be addressed prior to beginning a lip tape protocol.