



How to Re-stake a House Plant

This guide will demonstrate how to properly stake a house plant that is leaning or has outgrown its current stake.

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INTRODUCTION

This guide is for re-staking an overgrown fiddle leaf fig tree plant. Re-staking a plant will improve the living condition of the plant and create healthy growth. This guide will show the steps necessary to re-stake a house plant. These steps use a fiddle leaf fig tree, but any house plant can be used when following this guide.



TOOLS:

- [Measuring Tape or Yard Stick](#) (1)
- [Utility Scissors](#) (1)
- [Twine or Velcro Gardening Tape](#) (1)
- [Bamboo Stake](#) (1)

Step 1 — Stake



- Cut away any twine or peel off any existing Velcro plant tape gently.

Step 2



- Remove the existing stake gently and discard.

Step 3



- Measure your plant from the soil level to the top of the plant.
- ⓘ If the plant is leaning, make sure to hold it in the desired final position while measuring.

Step 4



- Measure from the soil level to 3/4 down into the pot.

Step 5



- Add the lengths measured in previous two steps and cut your bamboo stake to the combined length.

Step 6



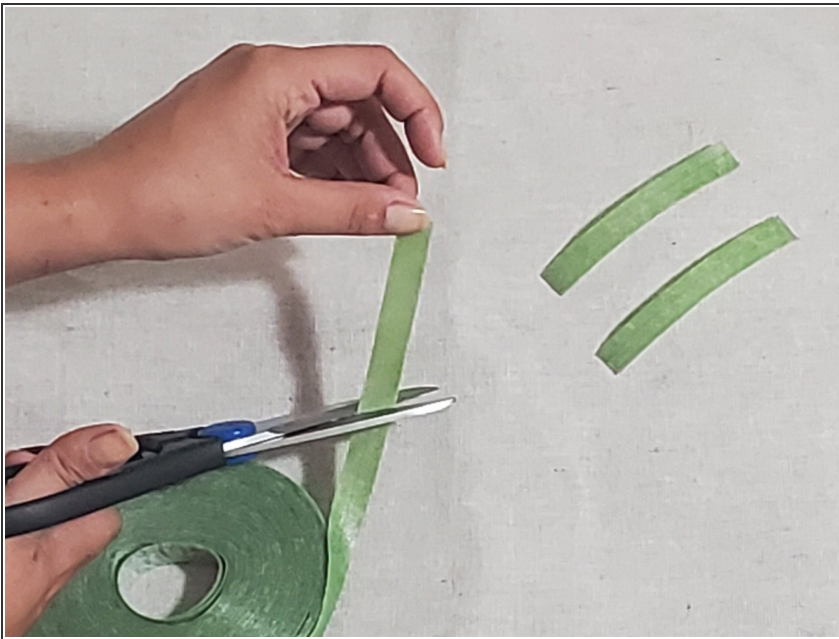
- Mark the soil level measurement on the bamboo stake that you obtained in Step 4.

Step 7



- Insert the cut stake into the soil approximately one to three inches from the plant's base until you can no longer see the mark made in step 6.

Step 8



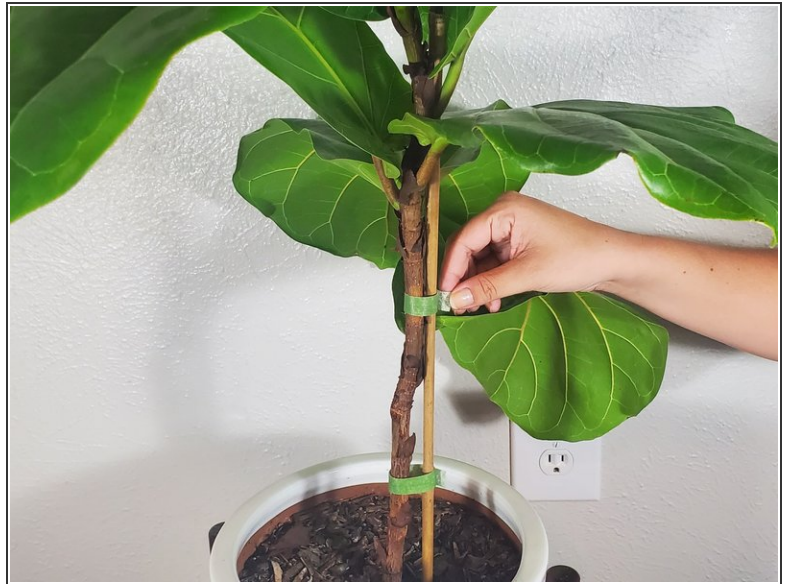
- Cut three to five sections of Velcro plant tape or twine to approximately five inches long.
- ⓘ You may want to cut the sections a bit longer if using twine to provide ample string to make knots.

Step 9



- Wrap and secure the cut twine or Velcro plant tape gently around both the plant and the stake near the base of the plant three to four inches above the soil level.

Step 10



- Secure the plant to the stake using a second piece of tape halfway up the plant.

Step 11



- Secure the plant to the stake using a third piece of tape one inch from the top of the plant.
- ★ If the plant is especially tall, feel free to follow the above steps to apply more twine or Velcro plant tape approximately 3-4 inches apart to ensure the plant is securely fashioned to the stake.

Step 12



- Trim any unwanted leaves or branches from the plant using sharp scissors or pruning shears until it is balanced to help prevent the need to re-stake again soon.

⚠ CAUTION: This is an optional step. If your plant looks great without any trimming, do not give it an unnecessary hair cut.

Enjoy your new, happier plant!