ADHESION AND SKIN IRRITATION TIPS FOR CGM

Use this International Diabetes Center resource to help ensure **optimal sensor adhesion and reduced skin irritation.** Keep in mind that everyone's skin is different. You may need to try a few methods to determine what works best for you.

Top tips for best adhesion



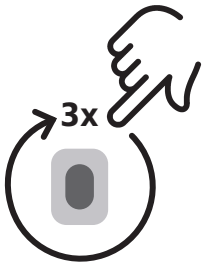
1

Wash skin using non-moisturizing, antimicrobial soap and water.



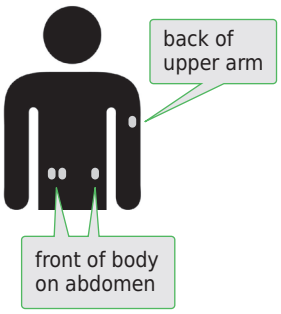
2

Allow skin to completely dry after cleaning it.



3

Use finger to rub around patch 3 times after applying sensor.



4

Change the application site with each new sensor following manufacturer instructions.

Additional tips to improve adhesion:

- Wait at least 2 hours after applying sensor before getting wet.
- Try additional reinforcement tape over the sensor such as: Tegaderm, IV 3000, Hypafix, GrifGrips, Simpatch, Stayput, SkinGrip, Rock Tape, Rockadex, Peelz (use as needed)*
- Apply adhesive prep wipes or liquids to sensor site before insertion: IV Prep, Skin-Tac, SkinGlu, Mastisol, Cavilon no sting barrier wipes (use as needed)*
- Avoid use of lotion where sensor will be placed.
- Be cautious when drying off after bathing or swimming, pat the area dry.
- If using softened water, use 1-2 alcohol wipes to remove the water softener residue completely before applying sensor.

Tips to reduce skin irritation:

- Avoid applying sensor near cuts or broken skin.
- Shave or clip hair with razor at sensor application site.
- Apply barrier wipe or film prior to insertion (use as needed).
- Apply hydrocortisone cream to irritated skin after sensor removal (use as needed).
- As last resort, apply Flonase spray to skin at sensor site prior to application. Note, should not be used for more than 1 month (use as needed).

Tips for removal:

- Apply lotion or adhesive removal product around the sensor while removing it.
- Adhesive removal products include: Detachol, Tac-Away, Uni-Solve, Sensi-Care, RELEASE by Stayput*

Remember to always follow proper CGM insertion steps:

- Clean skin with alcohol wipe or soap and water. Let dry.
- If using adhesive agent or prep wipes, apply product in an oval shape leaving middle area free of product so sensor applicator needle does not go through it.
- Apply sensor. Smooth out tape and apply light pressure.
- Apply reinforcement tape if using.

* Try ordering a trial pack of new products until you know what works best for you.

ADDITIONAL RESOURCES

Dexcom
- See FAQ in the help center under the support tab and then choose troubleshooting on **www.dexcom.com**

Abbott FreeStyle Libre
- See FAQ under the support tab on **www.freestyle.abbott/us-en/home.html**

Panther Tools
- See skin solutions under resources tab on **www.pantherprogram.org**

Contact sensor company for replacements if CGM stops working or comes off early.

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