

# FIVE TIPS FOR DEVICE PLACEMENT

## CHOOSE HEALTHY SKIN

Avoid broken skin, scabs, cuts, and scrapes, and any area of healing irritation. Wait at least a week before reusing a site.



## NO BENDY AREAS

Do not place devices in areas where the skin creases with bending, like the waistline.



## SWOLLEN TISSUE

Insulin infusion can cause swelling under the skin called lipohypertrophy. If this is present, try not to inject insulin/place infusion sets in this tissue. CGM sensors are okay.



## PINCH IT UP

People wear sensors on many different parts of the body—abdomen, buttocks, hips, legs, arms, forearm. Choose an area that has enough fat to “pinch”, and an area that is comfortable for you.



## ROTATE

Try to use as many sites as possible! Even if you use only one or two areas of the body, make sure to rotate sites 1-2 inches away from other sites.



# FIVE TIPS PREVENTING SKIN IRRITATION



## CLEAN!

Make sure to wash your skin with antibacterial soap and water and dry thoroughly — this will remove excess oils and lotions from the skin. Making sure skin is dry is also key!

## NO ALCOHOL

If the skin is cleaned thoroughly with antibacterial soap, avoid using alcohol, which may further irritate the skin.

## SKIN PREPS

There are many types of skin barrier wipes to help prevent skin reactions. Apply to the skin and **let dry thoroughly before inserting the sensor.**

## HYDROCOLLOIDS FOR ALLERGY

If there is severe reaction or persistent allergic reaction, thick hydrocolloid bandages can be used underneath the sensor/set tape. Some people insert the sensor directly through the hydrocolloid bandage, while others cut a small hole (which may lead to more skin exposure to the sensor tape, but may reduce chance of damaging the sensor).

## STERIOD FOR ALLERGY

Many people spray 1-2 layers of fluticasone (brand name: Flonase) to the skin prior to any sensor adhesives, and then let it dry completely. This may reduce allergic reaction to the chemicals in the sensor tape. *Note: Fluticasone is not intended to be used this way (it is a nasal spray), so it is unknown long term if this has any lasting side effects on the skin.*

[AMAZON LINK](#)

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# FIVE TIPS FOR EXTRA STICKING POWER

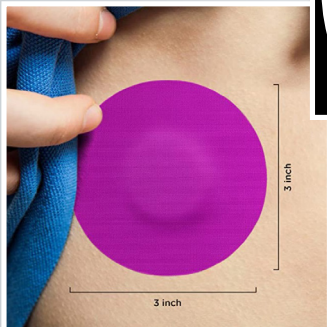
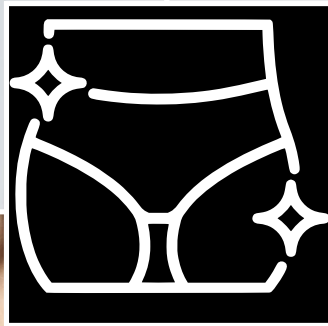
## BASIC SKIN PREP

To give your sensor the best chance of sticking, make sure to prepare your skin well, including:

- Shaving excess hair from the area
- Washing with soap and water to remove oils and lotions
- Make sure the area is completely dry

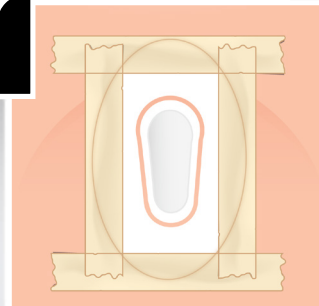
## BARRIERS CAN DOUBLE AS STICKING AGENTS

Some of the barrier wipes described above also increase the sticking power of your sensor. Apply to the skin and let dry thoroughly before inserting the sensor.



## EXTRA TAPE

There are several types of tape and patches that can be applied over the sensor tape.



## TAPING TECHNIQUE

How you add extra tapes matters as well. If you cutting your own tape, consider the “picture frame” approach around the transmitter, by holding down the 4 sides of the sensor adhesive. Sometimes device specific patches come pre-cut into the shape that you want. This usually means there is a hole cut out in them for the transmitter, but sometimes also covers the transmitter.



## NON-TAPE SOLUTIONS

If sensors are worn on the arms, non-adhesive wraps or covers can be used to help the sensor stay on the skin. Be careful to not wrap the arm too tightly, as this can cause the sensor to poke into muscle tissue and read falsely low glucose readings.

# FIVE TIPS FOR REMOVAL & HEALING



## USE PRODUCTS TO HELP IT UNSTICK

There are a variety of products that can help peel tape from the skin. The simplest solutions may already be in your house—baby oil or olive oil! Wet a paper towel with oil and rub the oil under the corner of the tape. Slowly peel and continue to wipe oil under the tape until the entire sensor is removed.



## LOW AND SLOW

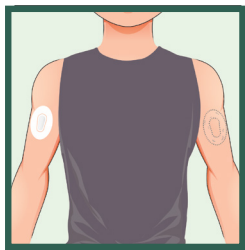
To minimize the chance of tearing skin, try removing tape by gently folding back on itself (low) and pulling very slowly (slow). This is the “low and slow” technique.



## CREAMS & LOTIONS

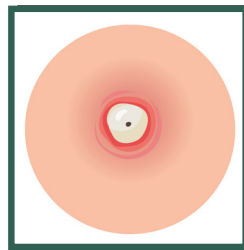
Once the sensor is off the skin, you can condition the area as needed.

- For dryness, use lotion
- For redness, itching, or irritation, use hydrocortisone cream (as directed on tube)
- For skin tears or pain, try an antibiotic cream (as directed on the tube)



## LEAVE IT ALONE

Make sure to leave the skin to heal for about 1 week before placing another sensor in the area. Do not cover with tape for at least a week.



## GETTING WORSE

If there is pain, puss, warmth, or spreading redness that persists for 1-2 days after the sensor/set is removed, call your doctor to let them know you may have a site infection. They may prescribe you a stronger antibiotic to treat the infection.



# HELPFUL PRODUCTS

## SKIN PREPARATIONS



- **IV prep (Smith & Nephew)**
  - [AMAZON LINK](#)



- **Skin prep (Smith & Nephew)**
  - [AMAZON LINK](#)



- **Bard Protective Barrier Film (Bard)**
  - [PRODUCT LINK](#)



- **Skin tac (Torbot)\***
  - [AMAZON LINK](#)



- **Cavilon (3M)\***
  - [AMAZON LINK](#)

## TRANSPARENT FILMS



- **IV3000 (Smith & Nephew)**
  - [AMAZON LINK](#)



- **Opsite Flexifit (Smith & Nephew)**
  - [AMAZON LINK](#)



- **Tegaderm Film (3m)**
  - [AMAZON LINK](#)



- **Hypafix Transparent (BSN Medical)**
  - [AMAZON LINK](#)



- **Tegaderm HP (3m) (holding power)**
  - [AMAZON LINK](#)

- **Dexcom "Oval tape"**
  - [DexCom: request from manufacturer](#)
- **Medtronic "Overtape"**
  - [Medtronic: request from manufacturer](#)

# HELPFUL PRODUCTS

## CLOTH AND KINISOTAPES



- **Hypafix (BSN Medical)\***
  - [AMAZON LINK](#)



- **Kinesiotape (any brand)**
  - [AMAZON LINK](#)

## ADHESIVE PATCHES



- **Simparch (Simparch) (can order for different devices)\***
  - [AMAZON LINK](#)



- **GrifGrips (GrifGrips)**
  - [AMAZON LINK](#)



- **RockaDex (Rockadex)**
  - [AMAZON LINK](#)

## TAPER REMOVAL

There are also commercial products that are used for this purpose as well.



- **Uni-solve (Smith and Nephew)**
  - [AMAZON LINK](#)



- **TacAway (Torbot)**
  - [AMAZON LINK](#)