IRRITATED OR SENSITIVE SKIN

Q. How can I avoid irritated or sensitive skin caused by the sensor adhesive?

If you have irritated or sensitive skin please work with your healthcare professional (HCP).

You and your HCP may find the information below useful. This is a summary of three clinical articles published by clinicians independent from Dexcom based on their knowledge and experience. These are not Dexcom products and Dexcom has not tested these approaches nor do we endorse these specific approaches. For detailed step-by-step instructions on how to use your Dexcom Continuous Glucose Monitoring (CGM) System, please refer to your instructions for use.

Do you have irritation at the sensor site or sensitive skin? These considerations, skin barriers, and professional tips may help. Remember what works best for one person may not work best for everyone. You and your HCP may need to try several different products or methods to figure out whether these options work for you.

All products may not be available in all countries.

General consideration*

- Clean skin with oil-free, antimicrobial soap and dry thoroughly[1,2]
- Gentle exfoliation recommended for oily skin[2]
- Trim hair with dry razor if needed[3]
- Do not use any lotion or oil containing moisturizer where you insert the sensor
- Do not insert sensor immediately after a shower/bath or in a steamy bathroom—minimize humidity with hairdryer or application in a dry environment[2]
- Solid or spray antiperspirant (unscented) may help with skin prone to sweating. Create an empty oval on the skin with the antiperspirant, wait 10–15 min. Insert sensor on clean skin in center of oval.[1,2]

Barrier Films*

- Barrier films may help prevent mild skin irritation from adhesives[4]
- Create an empty oval on the skin with the barrier film and insert sensor on clean skin in center of oval
- Let barrier film dry completely before placing sensor[1,4]
- May apply 1 layer or a second after first layer has dried[a]
- Barrier films may be an irritant itself and may not prevent allergens from skin penetration

Product	Advantages	Professional tips[c]
Smith and Nephew IV Prep	- Waterproof, breathable barrier film - Also contains alcohol for antiseptic properties	- Comes in wipes - Let dry completely on skin - Not marketed as having tackifying properties, but may see mild enhancement to adhesion[a]
SurePrep™ (Medline)	- Vapor permeable barrier film - Includes antiseptic	- Comes in wipes - Can be used on damaged skin as protection
Smith and Nephew Skin prep/no-sting skin prep	- Waterproof, breathable barrier film - Popular choice due to moderate protection and moderate adhesive properties combined[a]	- Comes in wipes or spray - Skin prep indicated for intact skin, no-sting skin prep indicated for intact or damaged skin - Does not include antiseptic
Cavilon™ No Sting Barrier (3M™)	- Waterproof, breathable barrier film	- Comes in wipes or spray - Does not include antiseptic

Barrier Films (cont.)

Product	Advantages	Professional tips[c]
Skin Tac™ (Torbot)	- Latex-free, hypoallergenic, nonrubber - Provides barrier protection and adhesive properties	- Comes in wipes or liquid - Reciprocal removal product called Tac Away - May cause irritation for sensitive skin
Secura Barrier (Smith + Nephew)[b]	- Breathable and non-greasy	- Comes as a liquid barrier film or a cream
Sensi-Care Barrier (ConvaTec)[b]	- Silicone based breathable barrier	- Comes in wipes or spray

Barrier Patches and Bandages*†

- Use barrier patches and bandages only if barrier film did not work for you
- **Dexcom has not tested the use of barrier patches and bandages.** Talk to your HCP about the use of barrier patches and bandages.
- When used as a barrier, patches/bandages must be placed underneath the sensor adhesive patch[1,5,6]
- Place on skin before sensor adhesive
- Cut an empty oval in the patch/bandage and insert sensor on clean skin in center of oval

Product	Advantages	Professional tips[c]
Hydrocolloid dressing. Common examples: - DuoDERM® - Hansaplast blister plaster - Cutimed Hydro B - Stomahesive - Replicare (Smith and Nephew) - Comfeel Plus (Coloplast) - BAND-AID® Brand HYDRO SEAL®[b]	- Hydrocolloid provides thick protection - Waterproof - Some brands have ''extra thin'' version - Some latex free	- Offers stronger barrier protection than an adhesive patch, such as IV 3000 or Tegaderm - Hansaplast offers good wearing comfort - Cutimed may be more expensive than others but provides good fixation - 2 or 3 plasters overlapping may be needed sometimes
IV3000 (Smith&Nephew)	- Transparent, thin film, precut - May be less irritating than sensor adhesives	- More prone to peel with water, sweating, humidity[a] - Many patients report less skin reaction with IV3000 compared with Tegaderm[a]
Tegaderm or Tegaderm HP	- Transparent, thin film, precut	- HP stands for ''Holding Power'' and may adhere more strongly than standard Tegaderm - More prone to peel with water, sweating, humidity[a]
Opsite/Flexifit (Smith&Nephew)	- Roll of thin transparent film can be cut to size	- May also be used as an adhesive enhancer when placed over sensor tape
Mefix (Molnlycke)[b]	- Porous flexible fabric	- Can easily be cut to the desired shape and size

Over the Counter Steroid Spray ‡

Product	Advantages	Professional tips[c]
Pirinase fluticasone proprionate nasal spray (generic). Common examples: - Flonase® Allergy Relief - Flonase® Children's Allergy Relief - Clarispray® Nasal Allergy Spray	- May prevent mild, moderate, and severe skin reactions due to CGM adhesive	- Apply 2 puffs to sensor site. Wait 2 minutes for spray to dry. Insert sensor as usual. - Pirinase not licensed for use in children under 18

*Messer, L. , & Beatson, C., Preserving Skin Integrity with Chronic Device Use in Diabetes. Technology & Therapeutics Volume 20, Supplement 2, 2018.
† Kamann, S., Heinemann, L., & Oppel, E., Usage of Hydrocolloid-Based Plasters in Patients Who Have Developed Allergic Contact Dermatitis to Isobornyl Acrylate While Using Continuous Glucose Monitoring Systems. Journal of Diabetes Science and Technology, 2019.
‡ Paret, M., Barash, G. & Rachmiel, M. "Out of the box" solution for skin problems due to glucose-monitoring technology in youth with type 1 diabetes: real-life experience with fluticasone spray. Acta Diabetol 57, 419–424 (2020).

1. Ives B, Sikes K, Urban A, et al.: Practical aspects of realtime continuous glucose monitors: the experience of the Yale Children's Diabetes Program. Diabetes Educ 2010;36: 53–62.
2. Chase HP, Messer L: Understanding Insulin Pumps and Continuous Glucose Monitors. 3rd ed. Denver: Children's Diabetes Research Foundation, 2016.
3. Karlin AW, Ly TT, Pyle L, et al.: Duration of infusion set survival in lipohypertrophy versus nonlipohypertrophied tissue in patients with type 1 diabetes. Diabetes Technol Ther 2016;18:429–435.
4. McNichol L, Lund C, Rosen T, Gray M: Medical adhesives and patient safety: State of the science: consensus statements for the assessment, prevention, and treatment of adhesiverelated skin injuries. J Wound Ostomy Continence Nurs 2013;40:365–380; quiz E361–E362.
5. Englert K, Ruedy K, Coffey J, et al.: Skin and adhesive issues with continuous glucose monitors: a sticky situation. J Diabetes Sci Technol 2014;8:745–751.
a Used within institution or support in public commentary, online articles, diabetes blogs, social media.
b Alternate barrier products
c Always refer to the product's instructions for use

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