

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.

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