

sensor adhesion and sensitive skin

This is a summary of a clinical article, Preserving Skin Integrity with Chronic Device Use in Diabetes, published by clinicians independent from Dexcom.¹ What works for one person may not work for another, you might need to try different products or methods. Dexcom hasn't tested or endorsed these approaches or products. If your Dexcom CGM comes with an overpatch in the box, always use the overpatch.

adhesive supplements

Swimmer, runner, or just having trouble with your sensor staying on? Try these adhesives and tips.

LIQUID ADHESIVE AGENTS

Liquid adhesive agents can be used with the sensor adhesive patch. Create an empty circle with liquid adhesive, let dry, insert the sensor on clean skin in center. Alternatively, soak the adhesive into the patch after placing it on your body.

Product	Additional Advantages	Professional tips
Skin Tac™ (Torbot)	<ul style="list-style-type: none"> - Provides barrier protection - Latex-free and hypo-allergenic 	<ul style="list-style-type: none"> - Comes in wipes or liquid - May cause irritation for sensitive skin - Reciprocal removal product - Tac Away
Mastisol® Liquid Adhesive (Eloquest)	<ul style="list-style-type: none"> - Higher adhesive properties than Skin Tac 	<ul style="list-style-type: none"> - Comes in liquid, swabs, or single use vials - More likely to cause sensitive skin irritation - Reciprocal removal product - Detachol

ADHESIVE PATCHES OR TAPES

Additional adhesive patches or tape can be applied over the sensor adhesive patch. Cut a hole in the adhesive to fit over the sensor, or cut strips to use the 'picture frame' technique around the sensor patch.

Product	Advantages	Professional tips
IV3000 (Smith&Nephew)	<ul style="list-style-type: none"> - Thin transparent film 	<ul style="list-style-type: none"> - May be used as a barrier under sensor tape - May peel with sweating or if water gets under
Tegaderm HP	<ul style="list-style-type: none"> - Thin transparent film 	<ul style="list-style-type: none"> - May cause more irritation than IV3000 - May peel with sweating or if water gets under
Hypafix®	<ul style="list-style-type: none"> - Thicker, fabric-like adhesive than transparent films 	<ul style="list-style-type: none"> - Excellent staying power, even when wet - May cause less trauma to skin upon removal
Blenderm™ (3M)	<ul style="list-style-type: none"> - Clear plastic hypoallergenic tape 	<ul style="list-style-type: none"> - Comes in a tape roll, best used as a supplement to counteract peeling patch
Cloth-like patches. Examples: <ul style="list-style-type: none"> - GrifGrips® - Simpach™ 	<ul style="list-style-type: none"> - Precut for CGM - Flexible and breathable - Good adhesion even when wet 	<ul style="list-style-type: none"> - May be stretched or cut to fit a variety of devices and body shapes

sensor removal

Painful removing sensor adhesive? Sticky residue left behind? These products may help.

Product	Description
Uni-solve Adhesive Remover (Smith&Nephew)	<ul style="list-style-type: none"> - Comes in wipes or liquid
Household oils*: Baby oil, coconut oil or olive oil	<ul style="list-style-type: none"> - Least specialized and least expensive option

irritated or sensitive skin

Irritation at the sensor site or sensitive skin? These skin barriers and professional tips may help.

BARRIER FILMS

Barrier films may help prevent mild skin irritation from adhesives. Create an empty circle with the barrier film, let dry, insert sensor on clean skin in center.

Product	Advantages	Professional tips
SurePrep™ (Medline)	<ul style="list-style-type: none">- Vapor permeable barrier film- Includes antiseptic	<ul style="list-style-type: none">- Comes in wipes- Can be used on damaged skin as protection
Smith and Nephew Skin prep/no-sting skin prep	<ul style="list-style-type: none">- Waterproof, breathable barrier film- Popular choice due to moderate protection and moderate adhesive properties combined^a	<ul style="list-style-type: none">- 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™)	<ul style="list-style-type: none">- Waterproof, breathable barrier film	<ul style="list-style-type: none">- Comes in wipes or spray- Does not include antiseptic

BARRIER PATCHES AND BANDAGES

Use barrier patches or bandages only if barrier film fails. Dexcom hasn't tested these. Consult your HCP. Place patches or bandage under the sensor adhesive, with an empty circle cut out for the sensor. Insert sensor on clean skin in center.

Product	Advantages	Professional tips
Hydrocolloid dressings. Example: <ul style="list-style-type: none">- BAND-AID® Brand HYDRO SEAL®	<ul style="list-style-type: none">- Provides thick protection- Waterproof- Some brands have thin or latex free versions	<ul style="list-style-type: none">- Offers stronger barrier protection than an adhesive patch, such as IV3000 or Tegaderm
IV3000 (Smith&Nephew)	<ul style="list-style-type: none">- Transparent, thin film, precut- May be less irritating than adhesives	<ul style="list-style-type: none">- More prone to peel with water, sweating, humidity
Tegaderm/Tegaderm HP	<ul style="list-style-type: none">- Transparent, thin film, precut patch	<ul style="list-style-type: none">- More prone to peel with water or sweating

OVER THE COUNTER STEROID SPRAY

Product	Advantages	Professional tips
Fluticasone propionate nasal spray (generic). Common examples: <ul style="list-style-type: none">- Flonase® Allergy Relief- Clarispray® Nasal Allergy Spray	<ul style="list-style-type: none">- May prevent mild, moderate, and severe skin reactions due to CGM adhesive	<ul style="list-style-type: none">- Apply 2 puffs to sensor site. Wait 2 minutes for spray to dry. Insert sensor as usual.

See dexcom.com for more products and tips:

dexcom.com/faq/adhesive-tips	dexcom.com/faq/removal-techniques	dexcom.com/faq/sensitive-skin
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¹ Messer et al. *Diabetes Technol Ther.* 2018;20(2):54-64

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