

## TIPS AND TRICKS TO MAKE IT STICK

Having trouble keeping your devices on? Here are some suggestions to help your devices stick while protecting your skin.

### Prepping the skin:

- Make sure skin is clean and dry.
- Alcohol wipes may be used, however; they can be drying to your skin.
- Moisturizing washes and lotions can affect adherence.

### Protective skin barriers (*Figure 1*):

- Cavilon™ wipes or spray (a sting-free, alcohol-free barrier)
- DuoDERM® (thin, waterproof polyurethane film, cut to size and hole punched)
- IV3000™ (transparent, waterproof adhesive film; apply as barrier to skin)
- Liquid Bandage (forms an invisible barrier on the skin)
- Skin Prep® (forms protective barrier on the skin)
- Skin Tac™ (helps devices stick, hypo-allergenic and latex-free)



Figure 1



Figure 2

### Making the device stick (*Figure 2*):

- IV3000™ (transparent, waterproof adhesive film; apply over top of device)
- Mastisol® (clear, non-irritating, non-water-soluble liquid; will need remover wipes)
- Skin Tac™ (helps devices stick, hypo-allergenic and latex-free)
- Tegaderm™ Absorbent acrylic dressing (clear, waterproof barrier dressing)
- Hypafix® (transparent, waterproof, and skin-friendly polyurethane film)

**Keeping the device in place:**

- Coban™ self-adherent wrap (lightweight, breathable and sticks on its own)
- Durapore™ (strong adhesive stays on, even during exercise)
- Hypafix® (transparent, waterproof, and skin-friendly polyurethane film)
- Micropore™ surgical tape (highly breathable to maintain skin integrity)



**Removing the device:**

- Any type of oil (baby/olive, etc.)
- ChapStick® (wax helps remove glue residue)
- Detachol® (gentle, non-irritating adhesive remover)
- Remove® (non-irritating adhesive dissolver)
- TacAway™ (non-acetone-based adhesive remover)



**Additional tips:**

- If using any wipe, allow to dry completely — do not try to speed up drying
- Do not leave any residue or product where sensor will enter skin
- For easier removal, take old device off after showering
- After a bath or shower, use a blow-dryer on cool setting to help glue re-stick
- For people with adhesive allergies, try spraying Flonase® on first

For adhesive patch options, refer to our [Infusion-Set and CGM Adhesive Patches](#) handout.

Adapted from:

- *Tape Tips and Site Management* by Medtronic
- *Adhesion Tips* by Omnipod®
- Englert K, Ruedy K, Coffey J, et al. Skin and adhesive issues with continuous glucose monitors: a sticky situation. *Journal of Diabetes Science and Technology* 2014;8(4):745-751.