

# Dexcom

## Irritated or sensitive skin due to sensor adhesive

If someone has irritated or sensitive skin, we always ask people with diabetes to contact their healthcare provider. The information below is intended only to assist healthcare professionals who guide people with diabetes in the use of Dexcom products. In making clinical decisions or providing advice, the healthcare provider should use their own professional expertise and judgment. This is a summary of three clinical articles<sup>1,2,3</sup> published by clinicians independent of Dexcom based on their knowledge and experience. These are not Dexcom products and Dexcom has not tested this approach nor do we endorse this particular approach. Please refer to the User Guide for step-by-step instructions for using the Dexcom continuous glucose monitoring (CGM) system.

These considerations, skin barriers and professional tips can help with irritation or sensitive skin at the sensor site. Remember that what works best for one person may not work best for everyone. You may need to try different products or methods to find out which options work (best).

Not all products may be available in all countries.

### General consideration<sup>1</sup>

- Cleanse skin with oil-free, antimicrobial soap and dry thoroughly<sup>4,5</sup>
- Gentle exfoliation is recommended for oily skin<sup>5</sup>
- Trim hair with clippers if necessary<sup>5</sup>
- Do not use lotion or oil containing moisturizer on the area where you apply the sensor
- Do not place the sensor immediately after a shower/bath or in a steamy bathroom—minimize humidity with a hair dryer or use in a dry environment<sup>5</sup>
- Make sure the plaster of the sensor is not applied under tension
- Perspirant (note: unscented) can help with skin prone to sweating. Consider rollers and sticks, as well as sprays. Create a layer on the skin with the antiperspirant in the shape and size of the sensor patch, leaving the shape and size of the transmitter empty in the middle. Then leave on for 10-15 minutes. Then place the sensor in the center of clean skin.<sup>4,5</sup>

Discuss skin problems with the healthcare provider as soon as possible. Do not wait with this until the next appointment. Worse complaints are harder to treat.

# Dexcom

## Barrier films<sup>1</sup>

- Barrier films can help prevent mild skin irritation caused by adhesive<sup>6</sup>
- Create a layer on the skin with the barrier film in the shape and size of the sensor patch, leaving the shape and size of the transmitter blank in the middle. Then apply the sensor to the center of the clean skin<sup>4,6</sup>
- Let the barrier film dry completely before placing the sensor
- You can apply one layer or a second layer after the first layer has dried\*
- Barrier films may themselves be irritating and may not prevent the penetration of allergens through the skin

Product	Advantages	Practical tips <sup>‡</sup>
Smith & Nephew IV Prep	<ul style="list-style-type: none"> <li>• Waterproof, breathable barrier film</li> <li>• Also contains alcohol for antiseptic properties</li> </ul>	<ul style="list-style-type: none"> <li>• Supplied as wipes</li> <li>• Allow to dry completely on skin</li> <li>• Is not marketed with adhesive properties, but may slightly improve adhesion*</li> </ul>
SurePrep™ (Medline)	<ul style="list-style-type: none"> <li>• Vapor permeable barrier film</li> <li>• Includes antiseptic agent</li> </ul>	<ul style="list-style-type: none"> <li>• Supplied as wipes</li> <li>• Can be used as protection on damaged skin</li> </ul>
Smith & Nephew skin preparation/non-signature skin preparation	<ul style="list-style-type: none"> <li>• Waterproof, breathable barrier film</li> <li>• Popular choice due to combination of moderate protection and moderate adhesive properties*</li> </ul>	<ul style="list-style-type: none"> <li>• Supplied as wipes or spray</li> <li>• Skin preparation indicated for intact skin, non-itching skin preparation indicated for intact or damaged skin</li> <li>• Does not contain antiseptic agent</li> </ul>
Cavilon™ No Sting Barrier (3M™)	Waterproof, breathable barrier film	<ul style="list-style-type: none"> <li>• Supplied as wipes or spray</li> <li>• Contains no antiseptic agent</li> </ul>
Skin Tac™ (Torbot)	<ul style="list-style-type: none"> <li>• Latex-free, hypoallergenic, rubber-free</li> <li>• Provides barrier protection and adhesive properties</li> </ul>	<ul style="list-style-type: none"> <li>• Supplied as wipes or liquid</li> <li>• Removable product called Tac Away</li> <li>• May cause irritation to sensitive skin</li> </ul>
Secura Barrier (Smith & Nephew) <sup>†</sup>	Breathable and non-greasy	Comes as a liquid barrier film or cream
Sensi-Care Barrier (ConvaTec) <sup>†</sup>	Silicone-based breathable barrier	Supplied as wipes or spray

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## Barrier plasters and bandages<sup>1,2</sup>

- Use barrier plasters and bandages only if the barrier film has not worked.
- **Dexcom has not tested the use of barrier plasters and bandages.**
- Barrier plasters should be placed on the skin under the adhesive sensor patch, that is, before the sensor is placed.<sup>4,6,7</sup>
- Cut an empty round or oval shape in the plaster or bandage and apply the sensor to clean skin in the center of the round or oval shape.

Product	Advantages	Practical tips <sup>†</sup>
Capteur Protect underpatch (Dexcom G6)	<ul style="list-style-type: none"> <li>• Possibly less irritating than sensor adhesive</li> <li>• Hypoallergenic latex-free, isobornyl acrylate (IBOA) and rosin-free adhesive</li> </ul>	<ul style="list-style-type: none"> <li>• Under patch for Dexcom G6 available</li> <li>• Capteur protect also offer overpatches in the same material for all Dexcom sensors</li> </ul>
Hydrocolloid bandage.  Common examples: <ul style="list-style-type: none"> <li>• DuoDERM<sup>®</sup></li> <li>• Hansaplast Blister Plaster</li> <li>• Cutimed Hydro B</li> <li>• Stoma self-adhesive</li> <li>• Repicare (Smith and Nephew) Comfeel Plus (Coloplast)</li> <li>• BAND-AID<sup>®</sup> Brand HYDRO SEAL<sup>®</sup> †</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrocolloid provides thick protection</li> <li>• Waterproof</li> <li>• Some brands have an "extra thin" version</li> <li>• Somewhat latex-free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides stronger barrier protection than an adhesive adhesive sticker, such as IV 3000 or Tegaderm</li> <li>• Hansaplast offers good wearing comfort</li> <li>• Cutimed may be more expensive than others, but offers good fixation</li> <li>• Sometimes overlapping 2 or 3 plasters are needed</li> </ul>
IV3000 (Smith & Nephew)	<ul style="list-style-type: none"> <li>• Transparent, thin film, pre-cut</li> <li>• Possibly less irritating than sensor adhesive</li> </ul>	More prone to flaking with water, sweating, humidity – Many patients report fewer skin reactions with IV3000 compared to Tegaderm <sup>*</sup>
Tegaderm or Tegaderm HP	Transparent, thin film, pre-cut	<ul style="list-style-type: none"> <li>• HP means "adhesiveness" and can adhere more strongly than standard Tegaderm</li> <li>• More prone to flaking with water, sweating, humidity</li> </ul>
Opsite/Flexifit (Smith & Nephew)	Roll of thin transparent film can be cut to size	Can also be used as an adhesive enhancer when applied over sensor tape
Mefix (Molnlycke) <sup>†</sup>	Porous flexible fabric	Can be easily cut into the desired shape and size

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## Over-the-counter steroid spray<sup>3</sup>

Product	Advantages	Practical tips <sup>†</sup>
<p>Pirinase fluticasone propionate nasal spray (generic).</p> <p>Common examples:</p> <ul style="list-style-type: none"><li>• Flonase<sup>®</sup> allergy relief</li><li>• Flonase<sup>®</sup> allergy relief in children</li><li>• Clarispray<sup>®</sup> nasal allergy spray</li></ul>	<p>Can prevent mild, moderate and severe skin reactions due to CGM adhesive</p>	<ul style="list-style-type: none"><li>• Apply 2 puffs to the sensor site. Wait 2 to 5 minutes, depending on the temperature (if it is warmer, 2 minutes should be enough) for the spray to dry. Insert the sensor as usual.</li><li>• Pirinase is not licensed for use in children under 18 years of age</li></ul>

<sup>1</sup> Messer LH, et al. Preserving Skin Integrity with Chronic Device Use in Diabetes. *Diabetes Technol Ther.* 2018;20(S2):S254-S264

<sup>2</sup> Kamann S, et al. Usage of Hydrocolloid-Based Plasters in Patients Who Have Developed Allergic Contact Dermatitis to Isobornyl Acrylate While Using Continuous Glucose Monitoring Systems. *J Diabetes Sci Technol.* 2020;14(3):582-585.

<sup>3</sup> Paret M, et al. "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.* 2020;57(4):419-424.

<sup>4</sup> Ives B, et al. Practical aspects of real-time continuous glucose monitors: the experience of the Yale Children's Diabetes Program. *Diabetes Educ.* 2010;36(1):53-62.

<sup>5</sup> Chase HP, Messer L. Skin Care and Sensor Sticking. In: *Understanding Insulin Pumps, Continuous Glucose Monitors and the Artificial Pancreas.* 3rd Edition. Children's Diabetes Research Foundation; 2016:122-123.

<sup>6</sup> McNichol L, et al. Medical adhesives and patient safety: state of the science: consensus statements for the assessment, prevention, and treatment of adhesive-related skin injuries. *Orthop Nurs.* 2013;32(5):267-281.

<sup>7</sup> Englert K, et al. Diabetes Research in Children (DirecNet) Study Group. Skin and adhesive issues with continuous glucose monitors: a sticky situation. *J Diabetes Sci Technol.* 2014;8(4):745-751.

<sup>\*</sup> Used within institution or support in general commentary, online articles, diabetes blogs, social media.

<sup>†</sup> Alternative barrier products.

<sup>‡</sup> Always consult product instructions for use.

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