

# Help your sensor stay put.

Getting the most out of your wear time is as easy as 1, 2, 3:

## 1 Wash

Use non-moisturizing, fragrance-free soap to wash the application site and remove any oils.

If present, shave any hair on your back upper arm (the approved application site) to help the adhesive stick.



## 2 Prep

After washing, use an alcohol wipe to disinfect the site.

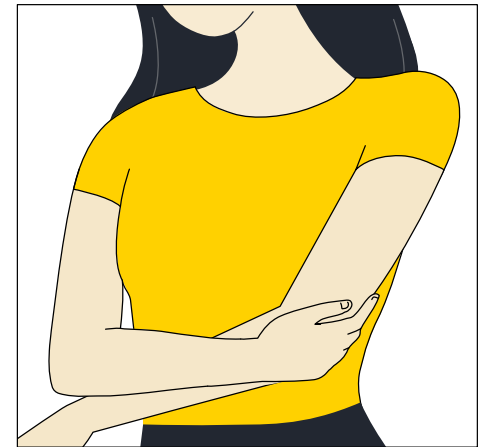
Don't apply body lotions or creams until the sensor is in place.



## 3 Dry

Allow the skin to dry fully, which maximizes stickiness.

This may require a little time, depending on the temperature and humidity of your environment.

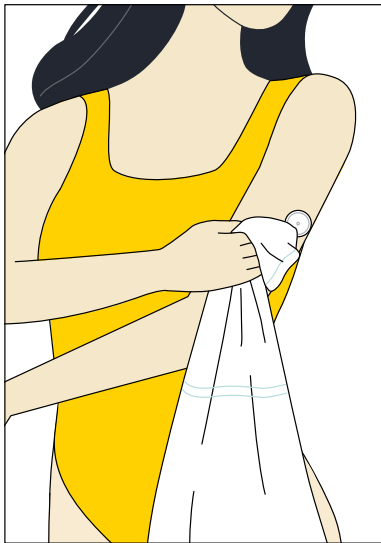


**PRO TIP:** Complete these steps after showering for even better results.

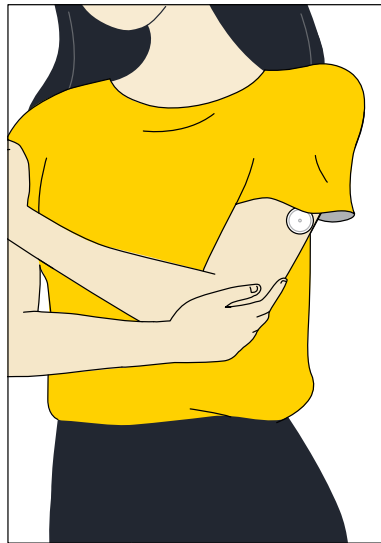
# Tips to keep your sensor secure.

Your sensor is designed to withstand the demands of everyday life. However, keeping a few things in mind can maximize wear time:

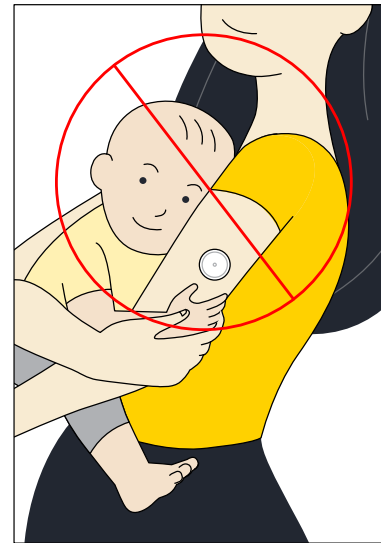
**Always pat dry after showering or swimming<sup>1</sup>** to avoid snagging the sensor on a towel.



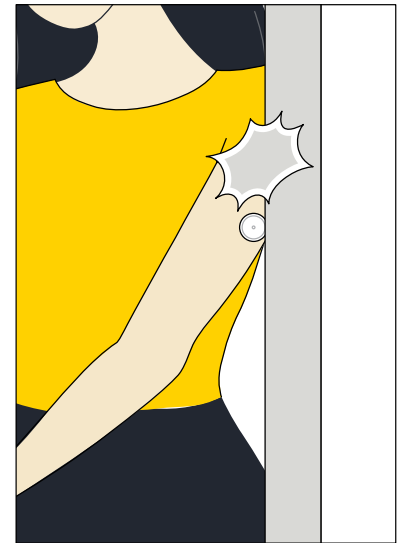
**Choose loose clothing<sup>2</sup> and take your time getting dressed** so your sensor doesn't get caught or pulled.



**Resist the urge to play with your sensor** and keep it away from curious hands, young and old alike.



**Watch out for everyday obstacles** like doorways, car doors, seat belts, and furniture edges.



**ATHLETE OR HEAVY EXERCISER?**

Consider adding one of the extra adhesives on the following page and choose a site on the back of your upper arm that's least likely for the sensor to get knocked off.

1. Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.  
2. The reader captures data from the sensor within 1cm to 4cm of the sensor.

# Want extra stickiness?

The products below can increase your sensor's staying power.<sup>1</sup>  
Check with your health care provider to see if they're right for you.

- **Torbot Skin Tac**

[turbot.com](http://turbot.com)

A hypo-allergenic and latex-free “tacky” skin wipe

- **Skin-Prep Protective Wipes**

[smith-nephew.com](http://smith-nephew.com)

An alcohol-free wipe that helps tape and films adhere to skin

- **Tegaderm I.V.**

[3m.com](http://3m.com)

A transparent film that provides adhesive strength

- **Mastisol Liquid Adhesive**

[eloquesthealthcare.com](http://eloquesthealthcare.com)

A clear, non-irritating liquid adhesive that secures dressings

- **Over-bandage**

You can use medical-grade bandages or tape<sup>2</sup> for extra security, but it must be applied at the time of sensor application and only removed when sensor wear is complete, since the sensor may come loose when peeling it off.

Be sure to leave the opening/hole in the center of the sensor uncovered so it can breathe.

1. This list is not comprehensive and does not constitute an endorsement of the manufacturer or the product quality. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed.

2. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

© 2025 Abbott. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. ADC-105818 v1.0