



SENSOR ADHESION GUIDE

# Help your sensor stay put



# Applying the FreeStyle Libre sensor

## Prepare your skin

Sensors stick better when you wash, clean and dry your skin before application.

### Before you apply the sensor:

- The back of the upper arm is the recommended and approved application site.
- Body hair can interfere with sensor adhesion. Choose an area with the least hair or consider shaving the site.



### Wash

Only use non-moisturising, fragrance-free soaps to wash the area where you will apply the sensor.



### Clean

Use an alcohol wipe to clean the site and then allow skin to air dry (do not blow on it).



### Dry

Allow your skin to fully dry before applying the sensor. This is especially important if you plan to apply the sensor after you shower or swim.

# Living with the FreeStyle Libre System

## Keeping your sensor secure

Keeping a few things in mind can maximize wear time:



### Pat dry

After a shower or swim, take extra care when towelling off to avoid catching or pulling off your sensor.



### Slow down

When dressing or undressing, take care to avoid catching your undergarments on the sensor.



### Dress for success

Give your sensor room to breathe by wearing loose-fitting clothing. Or go sleeveless.



### Easy does it

Be careful not to catch your sensor on a doorway, car door, seat belt or furniture edges.



### Contact sports and heavy exercise

Select a site on the back of your upper arm that will minimise the risk of knock off.



### Hands off

Try not to play with, pull, or touch the sensor while wearing it.

If you need additional support to help your sensor stick, you can over-bandage the sensor with a medical-grade adhesive or tape. The hole in the centre of the sensor must not be covered, so you may need to cut a hole in your over-bandage material. Remove the over-bandage when removing the sensor.



# Removing the FreeStyle Libre sensor

## You will receive a notification

Your FreeStyle Libre reader will tell you when it is time to replace your sensor.



Rub an adhesive remover wipe or cotton ball soaked in baby oil around the outside of the sensor.



For delicate skin, you may consider to use cotton ball soaked in baby oil around the outside of the sensor before removal.



When applying a new sensor, select a different site.



Images are for illustrative purposes only. Not real patient or data. Please refer to [FreeStyleLibre.com.my](https://www.freesstylelibre.com.my) for product info and disclaimers.  
©2025 Abbott. All Rights Reserved. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. ADC-117304 v1.0