

Skincare for CGM & Pump Sites



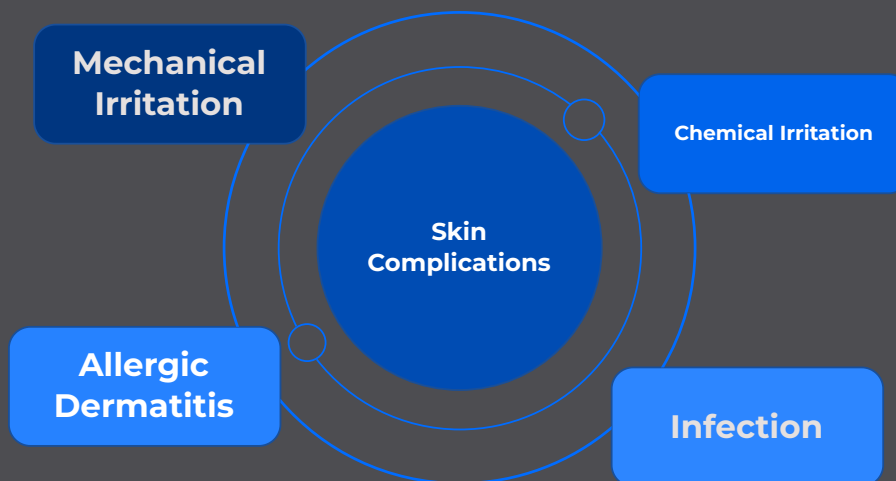
Dr Laurel Messer — Barbara Davis Center & Tandem Diabetes Care

Why skincare matters for diabetes technology

CGMs and insulin pumps rely on healthy, intact skin. Adhesives, introducer needles, sweat and friction can damage the skin barrier over time. Good skincare improves CGM accuracy, insulin absorption and long-term device reliability.

[Dr Laurel Messer's research](#) · [Panther Program guidance](#) · [Berg et al. \(2023\)](#) · [Episode 24 of The Glucose Never Lies® Podcast](#)

The most common problems



Prepare:

Soap | Water | Dry

- Clean with oil-free soap and warm water
- Rinse thoroughly
- Skin to be fully dry
- Sweat-prone? apply unscented deodorant, leave for about 10 min
- Let the adhesive sit for 10 minutes so it can air out and activate

Site management:

Select | Rotate

- Avoid bony, high-friction areas such as belt lines
- Rotate regularly
- Give each site at least one week off
- Stay 1–2 inches away from recent sites
- Take special care with young children's skin

Remove:

Low | Slow | Gentle

- Use baby oil, olive oil, Lift Plus, Uni-Solve or TacAway to loosen adhesive
- Support the skin with one hand & gently fold the adhesive back over
- Never pull upwards or away. Always low and slow.

When the basics are not enough

When devices do not stay on

- First assess have the basics, don't start with extra tapes!
- If needed, use over-tapes such as RockaDex or kinesiology tape
- Use "picture-frame" taping, as little as possible, think minimalist!

Troubleshooting common problems

Skin issue	First steps	Then consider
Redness or rash	Clean, moisturise, add barrier film	Fluticasone spray or mild topical steroid (clinician)
Eczema	Barrier under device (IV3000, Compeed)	2–4 week steroid cream (under medical guidance)
Persistent itching	Moisturise & barriers	Topical steroid or antihistamine
Lipohypertrophy	Rotate	Rest for 6+ weeks
Wound or skin tear	Gentle removal, rest, clean & moisturise	Antibiotic cream

Skincare is not cosmetic, it's a performance essential



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