

Adhesive Guide

Minimizing skin irritation when using BioIntelliSense wearable devices

Skin Preparation + Treatment

The purpose of this document is to outline recommendations for those experiencing discomfort or skin irritation related to adhesives.

The references below are based on published literature by authors independent of BioIntelliSense, Inc.*† BioIntelliSense has adopted these adhesive recommendations based on industry accepted methods for on-body medical device sensors. BioIntelliSense has not performed extensive testing with the proposed approaches specific to BioIntelliSense medical-grade wearable devices.

For detailed step-by-step instructions on how to use the BioIntelliSense devices, please refer to the respective device Instruction for Use documentation (IFU). Instruction for Use can be found on the BioIntelliSense support web page: [BioIntellisense.com/support](https://biointellisense.com/support).

If you are experiencing mild skin irritation at the wearable device placement site or have sensitive skin, please consider these tips. Keep in mind that what works best for one person may not work best for everyone. You may need to explore what the best option is for you. If skin irritation persists or worsens, discontinue use and consult your physician for further medical direction.

If you have a history of sensitivity to medical adhesives, please consult your physician before using the BioIntelliSense devices.

GENERAL CONSIDERATIONS*

Prior to applying a medical-grade BioIntelliSense wearable device, please refer to the Instructions for Use and review the following skin preparation recommendations which may improve adhesion of the wearable device and reduce the risk of skin irritation.

Do's:

- Cleanse skin with an oil-free, antimicrobial soap and dry thoroughly^{1,2}
- Trim body hair in the upper left chest placement area using only an electric trimmer³
- Gently exfoliate oily skin²
- Apply solid or spray antiperspirant (unscented) for skin prone to sweating^{1,2}
 - Create an oval with the antiperspirant within the placement area
 - Wait 10–15 minutes to allow antiperspirant to dry
 - Apply the wearable device
- When reapplying the adhesive, place in a slightly different location within the designated placement area

Don'ts:

- Do not apply lotion or oil to the placement area
- Do not apply the adhesive to broken skin, including wounds, sores, or abrasions
- Do not apply the adhesive immediately after a shower/bath or in a steamy room. Minimize humidity with a hairdryer or product application in a dry environment²

BARRIER PRODUCTS*

The table below summarizes skin barrier product recommendations. Product use may help prevent mild skin irritation from adhesives.⁴

- Allow the barrier film to dry completely before applying the adhesive^{1,4}
- You may apply one layer or add a second layer after the first layer has dried

PRODUCT	WATERPROOF	BREATHABLE	ALCOHOL OR ANTISEPTIC INCLUDED?	INTACT OR DAMAGED SKIN	FORM FACTOR
Cavilon™ No Sting Barrier (3M™)	Yes	Breathable	No	Both	Wipes and spray
SurePrep™ (Medline)	Vapor Permeable	N/A	Yes	Both	Wipes
Smith and Nephew IV Prep (Smith and Nephew) Not marketed as having tackifying properties, but may result in a mild enhancement to adhesion*	Yes	Yes	Yes May produce stinging sensation due to alcohol content	Intact Only	Wipes
AllKare® Protective Barrier Wipe	Yes	Yes	No	Intact Only	Wipes

Removing Adhesive

If you need to remove the adhesive earlier than seven (7) days or when the adhesive is still firmly adhered to the skin, please follow the instructions below:

EARLY REMOVAL INSTRUCTIONS

- Remove the device from the device side of the adhesive, leaving the adhesive adhered to the skin
- Massage the adhesive with baby oil, coconut oil or olive oil to loosen
- Gently remove the adhesive from the skin
- Gently clean the placement area with warm soap and water and dry thoroughly prior to reapplying the adhesive and device

Medically available adhesive removal products may be used to gently remove the adhesive. Always remove the device prior to use of adhesive removal products or oils. When adhesive removal products are not available, the following household items may be used: baby oil; coconut oil or olive oil.

NEED ADDITIONAL HELP?

Contact BioIntelliSense Customer Care: support@biointellisense.com

CAUTION! Failure to use the BioSticker or BioButton medical wearable devices and its accessories according to the instructions for use provided with your device, and in accordance with available resources at [BioIntelliSense.com/support](https://www.biointellisense.com/support), and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use, may result in delay of diagnosis or treatment decision that may result in injury. Seek medical advice and attention when appropriate, including for any medical emergency.

*Messer, L., & Beatson, C., Preserving Skin Integrity with Chronic Device Use in Diabetes. Technology & Therapeutics Volume 20, Supplement 2, 2018.

† Paret, M., Barash, G. & Rachmiel, M. "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 57, 419–424 (2020).

1. Ives B, Sikes K, Urban A, et al.: Practical aspects of realtime continuous glucose monitors: the experience of the Yale Children's Diabetes Program. Diabetes Educ 2010;36: 53–62.
2. Chase HP, Messer L: Understanding Insulin Pumps and Continuous Glucose Monitors. 3rd ed. Denver: Children's Diabetes Research Foundation, 2016.
3. Karlin AW, Ly TT, Pyle L, et al.: Duration of infusion set survival in lipohypertrophy versus nonlipohypertrophied tissue in patients with type 1 diabetes. Diabetes Technol Ther 2016;18:429–435.
4. McNichol L, Lund C, Rosen T, Gray M: Medical adhesives and patient safety: State of the science: consensus statements for the assessment, prevention, and treatment of adhesiverelated skin injuries. J Wound Ostomy Continence Nurs 2013;40:365–380; quiz E361–E362.