

T1D Skincare Guide

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1 Preparing

Site Placement & Skin Prep

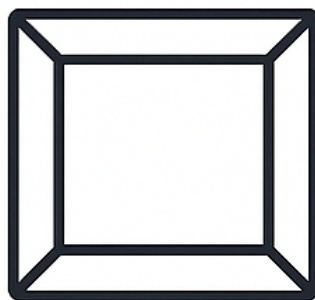
- Avoid scars, joints, overused zones
- Use flat, fatty areas (arms, buttocks)
- Rotate 6-10 zones, rest each a week
- Prep skin; oil-free soap, dry well



2 Wearing

Smart Adhesive Use

- No extra tape unless needed
- If needed, use overlay adhesives or kinesiology tape
- “Picture frame” technique for edge security



3 Removing

Gentle Removal

- Use baby oil, olive oil, or adhesive removers
- Peel slowly; start corner, go low and slow
- Moisturize after



4 Caring

Post-Wear TLC

