



Lingo biosensor adhesion guide

Where to place the sensor



Select a flat area on the back of your upper arm, away from the crease of your armpit or elbow.

Switching arms with each new biosensor is a good idea.

How to prep your skin



Clean

Clean the back of your arm — no lotions, oils, or leftover shampoo. Using an alcohol wipe is even better.



Dry

Make sure your skin is completely dry. For extra stickiness, consider shaving the application spot.



Apply

Apply it and smooth out the adhesive around the rim.



Tips for keeping your sensor in place

- Easy does it**

The adhesive is still settling in the first 12 hours. Be careful not to catch your sensor on things like doorways & seat belts.
- Slow down**

When dressing or undressing, be careful not to snag your sensor.
- Pat dry**

Avoid hard scrubbing in the shower and take extra care when toweling off.
- Hands off**

Keep any extra fiddling in check.

Products that add extra stickiness*



Over-bandage

Medical-grade adhesive (bandage or tape)

Remember: Over-bandage must be applied when you apply the sensor. The opening in the center of the sensor must not be covered. More medical grade bandages or tape can be applied, but avoid removing bandages or tape once applied until your sensor is ready to be removed.



Torbot Skin TAC™

Hypoallergenic and latex-free “tacky” skin barrier



Tegaderm I.V.

Transparent film for adhesive strength



Skin Prep® Protective Barrier Wipes

Protective liquid dressing that allows skin to breathe so tapes and films stick on better



Mastisol® Liquid Adhesive

Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas

*The information above does not constitute an endorsement of the manufacturer or the product quality. Lingo 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.

For full safety information (risks and benefits), visit <https://www.helloingo.com/safety-information>

©2026 Abbott. The biosensor housing, Lingo, and related marks are marks of the Abbott Group of companies.