



Skin-Safe Guide for Adhesive Product Use

A Customer Awareness Guide by Enlare



What is MARS?

MARS stands for Medical Adhesive-Related Skin Injury. It refers to skin damage that may occur when adhesive products are not chosen, applied, or removed properly.

This damage can range from mild redness to painful skin tears, and may increase the risk of infection or delayed skin recovery.

Note: MARS can happen when the bond between the skin and adhesive is stronger than the bond between skin layers causing skin cells to separate during removal.

Why This Guide Matters

At Enlare, your skin safety and comfort matter. We offer both adhesive and non-adhesive products, including nipple covers and silicone bras, and we want you to use them confidently and correctly.

This guide provides:

- An overview of MARS
- Who may be at risk
- How to minimize the chances of injury
- Best practices for safe use of adhesive products

Important: This is an informational guide. While our products are designed with skin-friendliness in mind, every individual's skin is different. Customers are responsible for ensuring product compatibility and safe usage. Enlare is not liable for any skin damage, reactions, or injuries related to product misuse or skin conditions.

Who is at Risk for MARS?

Skin irritation or injury can occur due to a mix of internal and external factors:

Personal Factors:

- Sensitive skin conditions (e.g., eczema, dermatitis)
- Chronic illnesses (e.g., diabetes, immune disorders)
- Malnutrition or dehydration
- Very young or elderly skin
- Allergies or sensitivities

Environmental & Usage Factors:

- Repeated adhesive use/removal
- Use of alcohol-based skin preps
- Incorrect application or removal

- Exposure to moisture or sweat
- Use of products with strong adhesives on delicate areas

How to Reduce Your Risk

1. Assess Your Skin

- Check for allergies, rashes, or irritation before use
- Clean and dry skin thoroughly
- Avoid broken, sunburned, or inflamed skin

2. Select the Right Product

- For sensitive skin, use non-adhesive nipple covers
- For movement-heavy areas, consider flexible silicone bras
- Choose lighter adhesives when long wear is not needed
- Look for breathable, hypoallergenic materials

3. Apply and Remove with Care

Application Tips:

- Never apply to wet or broken skin
- Avoid pulling or stretching the adhesive
- Gently press the product to ensure smooth contact

Removal Tips:

- Peel back slowly and gently, not upwards
- Always support the skin near the peel line
- Use a skin-safe adhesive remover if necessary
- Do not rush the removal, go “low and slow”

Additional Skin-Safe Practices

- Perform a patch test if trying a new adhesive product
- Avoid prolonged use without breaks
- Moisturize skin after removal to support skin barrier
- Do not use alcohol or harsh cleansers before application