

Keep It Clean

FOR ELASTOMER BANDS:

- Regularly clean your band and wrist—especially after working out or sweating. Rinse the band with water or wipe it with a small amount of rubbing alcohol. Do NOT use hand soap, body soap, dish soap, hand sanitizers, cleaning wipes or household cleaners, which could get trapped beneath the band and irritate skin. Always dry the band well before putting it back on.
- To remove build-up of lotions and oils (such as sunscreen, insect repellent and moisturizers) that can be trapped beneath the band, we recommend that you use a soap-free cleanser like Cetaphil Gentle Skin Cleanser or Aquanil, rinse thoroughly and dry well.
- For tough spots, stains or buildup on your band, scrub with a wet, soft-bristled toothbrush.
- For light-colored elastomer accessory bands, minimize direct contact with dark-colored clothing, as color transfer may occur.

FOR LEATHER BANDS:

- Wipe down the band with a non-abrasive, lint-free cloth. If needed, you can lightly dampen the cloth with water. Leather bands aren't sweat or water resistant. Soaking them might cause discoloration or other damage.
- Gently wipe away excess moisture with a dry, non-abrasive, lint-free cloth and let the band air dry. Direct sunlight, high temperatures and humid conditions can cause discoloration or damage over time.
- The materials used in these accessories are intended to be worn during normal daily activity. They are not intended to be worn during high-intensity workouts or sleep, which could affect the overall appearance and quality of the accessory.
- To minimize discoloration and damage to these bands, limit exposure to moisture and substances like perfume, insect repellent, oil, lotion or dyed materials like denim.
- For light-colored leather accessory bands, minimize direct contact with dark-colored clothing, as color transfer may occur.

FOR METAL BANDS:

- Wipe down the band with a non-abrasive, lint-free cloth. If needed, you can lightly dampen the cloth with water. Metal bands aren't sweat or water resistant.
- Soaking them might cause tarnishing, discoloration or other damage.
- Dry the band with a recommended cloth. High temperatures and humid conditions can cause damage.
- Limit exposure to substances like perfume, insect repellent, oil or lotions to reduce discoloration and damage.
- The materials used in these accessories are intended to be worn during normal daily activity. They are not intended to be worn during high-intensity workouts or sleep, which could affect the overall appearance and quality of the accessory.
- To minimize discoloration and damage to these bands, limit exposure to moisture and substances like perfume, insect repellent, oil, lotion or dyed materials like denim.

FOR NYLON BANDS:

- Wipe down the band with a non-abrasive, lint-free cloth. If needed, you can hand wash the band in cold water with mild soap, making sure to rinse thoroughly.
- Let the band air dry. Direct sunlight, high temperatures and humid conditions can cause discoloration or damage over time.
- The materials used in these accessories are intended to be worn during normal daily activity. They are not intended to be worn during high-intensity workouts or sleep, which could affect the overall appearance and quality of the accessory is maintained.
- To minimize discoloration and damage to these bands, limit exposure to moisture and substances like perfume, insect repellent, oil, lotion or dyed materials like denim.

FOR FITBIT FLEX 2 PENDANT ACCESSORY

- Certain features like Auto Sleep Tracking and SmartTrack may be disabled when using this accessory. Classic accessory bands are the recommended accessory for high-intensity workouts and sleep tracking.
- Do not wear the Flex 2 Pendant accessory while sleeping or during high-intensity activity, as doing so could create a choking hazard.
- Flex 2 Pendant accessories contain magnets. Magnets may interfere with pacemakers, defibrillators or other medical devices. Consult your physician and the manufacturer of your medical device before using to determine if these accessories are safe for you. If the accessories may be interfering with your pacemaker, defibrillator or other medical device, do not wear the accessories.

FOR FITBIT FLYER HEADPHONES

- Remove the ear tips and wings from the device and wash them with water or a wet cloth. Allow them to air dry completely before reattaching to the headphones.
- Clean the headphones with a soft, damp cloth. They are designed to be rain, sweat and splash proof but should not be submerged in water.

Keep It Dry

- While Fitbit devices are water resistant*, it's not good for your skin to wear a wet band for long periods of time.
- If your elastomer band gets wet—like after sweating or showering—rinse and dry it thoroughly before putting it back on your wrist.
- Be sure your skin is dry before you put your band back on.
- Even though Fitbit Flex 2 and Ionic are water resistant up to 50 meters, it's important to thoroughly dry your classic elastomer band and tracker and remove any debris from your device after wear in the water to avoid skin irritation. Please note that non-elastomer accessories should not be worn in water.

Don't Wear It Too Tight

- Make sure your band isn't too tight. Wear the band loosely enough that it can move back and forth on your wrist.
- If you use Fitbit Ionic™, Alta HR, Charge 2, Blaze or Surge, you can get better heart rate readings during exercise by wearing the band so it's secure, but not too tight, and wearing it higher on your wrist (about 2-3 finger widths above your wrist bone). Lower the band on your wrist and loosen it after exercise. [Learn more.](#)

Give Your Wrist a Rest

- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Other Tips

- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.
- Whether you have the conditions above or not, if you start to experience redness or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact a dermatologist.
- If you sweat for more than two hours while wearing your Fitbit band, be sure to wash your band and your wrist using the directions above to avoid skin irritation.