

# WHAT YOU NEED TO KNOW ABOUT PAD

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**SHAPED** to fit your body

**ABSORBENT CORE** pulls fluid away from your body

**STRONG ADHESIVE** for stay-put protection

**WINGS** help your pad stay in place and prevent side leaks, enabling you to move freely

Change your pad every 4 to 8 hours, or more often if your flow is heavy. Don't forget to use clean underwear every day; change them if they become soiled.

## How to use a pad?

1. Wash hands with soap and water before changing your pad.
2. Open the wrapper of your pad.
3. Detach the pad from its wrapper and remove the paper strip that covers the wings.
4. Attach the sticky part securely to the inside center of your underwear. Wrap the wings around it. When done, wash your hands with soap and water.

**Bin it – Don't flush it!**

1. Fold the pad up & wrap it in the wrapper from your new pad or in toilet paper if you don't have a wrapper available.
2. Put the wrapped up pad in the waste bin and ensure the lid is closed once the product has been disposed.

## Choosing a Pad



Choose a pad that will be the best fit for you based on your period flow and your body shape.

	FLOW				
	LIGHT	MODERATE	HEAVY	MODERATE	HEAVY
XS	1		4		
S	2		5		
M	3			4	
L	3			5	
XL+	3			5	

GREAT FOR DAY      GREAT FOR NIGHT

The better it fits, the better it protects!

