

HOW TO USE A REUSABLE PAD

Using a reusable pad is a powerful thing because it is better for the body, the period and the earth. This helps us to connect with our bleed and even use the blood for things other than to be seen as "garbage".

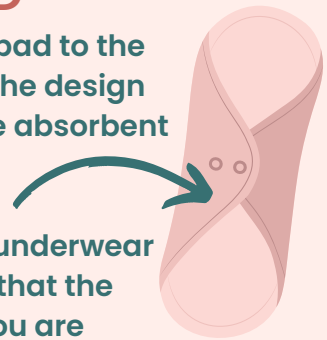


1. UNDERWEAR

The one thing that is needed to successfully use a reusable pad is to have a comfortable pair of underwear that fits you, so you can attach the pad.

2. ATTACH THE PAD

Now is when you attach the pad to the underwear. You always put the design or colorful side down and the absorbent side up.



Use the buttons to snap the underwear underneath your panties so that the pad can stay secure while you are moving around.

3. REMOVE THE PAD

The same way you put the pad on is the same way you will remove it. You need to remove the pad once it feels very wet on top. Each pad will absorb 10-15 ml of blood lasting most 6-8 hours. Remove the pad and fold, you can then place in your bag and nobody will know.



4. CLEAN THE PAD.

Once you have used the pad and make it home you can rinse with cold water, then once you are ready to do your washing you can wash properly only with soap and let air dry. DO NOT use harsh chemicals and do not use the electric dryer. This will reduce the life of the product.

TIP: if you notice your clothes or pads are stained you can use hydrogen peroxide to remove blood stains.



TIP #1

Your pads are meant to be used by you and **ONLY YOU**. It is important to not share them as this can lead to infections.



TIP #2

If you notice anything abnormal such as discomfort or any yellow or green discharge stop use and switch to disposable pads.



TIP #3

Make sure the pad is completely dry before using and try to dry your pad in the sunlight to kill any remaining bacteria.



We hope you found this helpful. Remember you can use soap and water for the pad, but it is only necessary to wash your private parts with clean running water. Soap can effect the natural PH you have that is important.