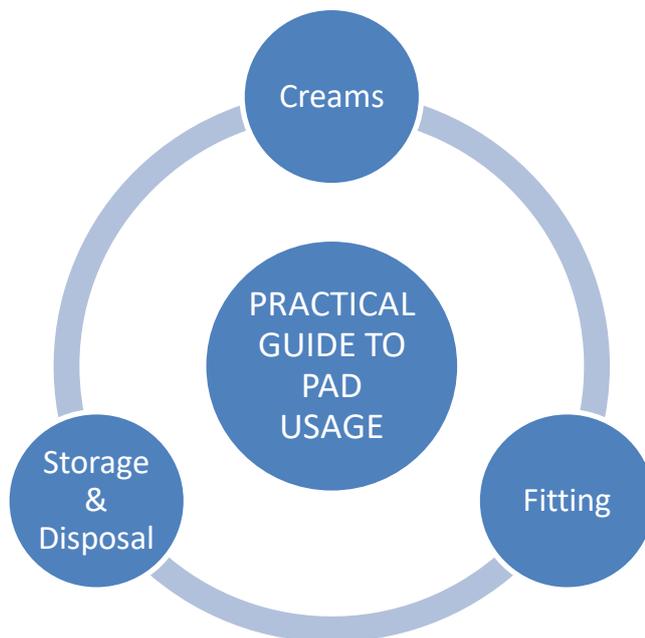




## PRACTICAL GUIDE TO PAD USAGE, FITTING, STORAGE AND DISPOSAL

Incontinence pads should be selected based upon individual symptoms, after a holistic continence assessment.

Forma-care have an extensive range of products to meet clinical needs but it is essential the correct pad is carefully selected to ensure safe and effective use of a product.



### **FITTING**

Please refer to Forma-care fitting guides for advice on fitting.

Other points to consider:

### **UNDERWEAR:**

If the pad **has an adhesive strip** these should be worn in close fitting underwear, e.g. Sloggi pants, with the strip removed and the pad attached to the gusset area of the pants

If the pad **does not have an adhesive strip** these should be worn with close fitting underwear, as described above, or with fixation pants that can be sourced from all pad companies.

**The correct underwear must be worn with pads to ensure optimum performance, this will aid absorbency and containment. If the pad is not held in place effectively there will be leakage and the pad will not hold the amount of urine it should.**

**If an all-in-one product is worn underwear can be worn to improve the fit but this is not essential.**

## **STORAGE & DISPOSAL**

**Store in a dry place such as a chest of drawers or wardrobe.**

**Do not** store in a bathroom or cellar as the dampness will affect the overall absorbency of the product leading to potential leakage, loss of dignity and skin related problems.

Pads can be removed from the packaging into a drawer, for example, up to 24 hours prior to use to aid activation of the fibres responsible for absorbing urine.

Pads can be disposed of in normal household rubbish once they are sealed in a disposal bag such as a bin liner or nappy sack.

Residential homes and hospitals need to refer to their own individual policy on disposal

## **CREAMS**

**Should be avoided when pads are worn.**

Only prescribed creams should be used in the affected area and applied in a very thin film. Water based creams should be used not oil based as these can greatly interfere with the absorbency of the pads.

## **PRACTICAL TIPS**

- Pads that have not reached their optimal absorbency – see guidance on the wetness indicator – or are not faecal soiled can be reapplied after toileting. To reduce the risk of an odour the pad should be folded over during toileting and then refitted.
- Do not use talcum powder with pads as it affects the absorbency
- Pads that are faecal soiled should be changed as soon as possible