

How to Use a Pad

Always pads and pantliners are simple and easy to use. Follow the steps below to learn how to place them properly.



1

Remove the Wrapper

With cleanly washed hands, remove the pad or pantliner from the wrapper. Save the wrapper – you will need this for disposing the used pad later.

2

Remove the Backing

The backing of your pad will typically be a long piece of paper that covers the sticky back of the pad. Sometimes the wrapper doubles as the backing.

3

Place the Pad

Center the sticky side of the pad in the lower part of your underwear – the area that goes between your legs. Be sure not to put it too far to the back or front. If your pad or pantliner has wings, remove the backing (if necessary) and wrap them around the underside of your undies.

4

Dispose of the Pad

After your pad has become saturated, pull it off your panties and roll it up like a sleeping bag in the wrapper from your fresh pad. Then toss it in the trash. Never flush a pad or pantliner down the toilet.

There are a variety of [Always pads](#) designed to have all girls feel confident about their period. They offer up to 8 hours protection.

How to use a sanitary pad?

Sanitary pad is worn between the vulva and the underwear. Most sanitary pads come with easy to follow usage instructions. In most cases pads have adhesives that stick to the panties, while others have wings that wrap under the panties to keep the pad in place. Sanitary pads are generally changed after every 4 to 8 hours to avoid it from getting over soaked.

