



# How to fit TENA

## TENA Flex

~ When exchanging while lying down ~



You can watch the how-to-fit movie here.



### Prepare



**1** Spread the pad, peel off the two tapes at the edges and paste them together.



**2** Stretch the pad with both ends and fold it in half.



**3** Spread the belt.  
Fold the tape inside to avoid damaging the skin.



### Fitting



**1** With the belt side in the back, insert the folded pad between the legs.



**2** Balance the front and back so that the back is about 5cm above the front.



Check

**3** Spread the pad from the bottom of the hips and align the center line with the spine.



**4** Put the belt on the upper side of the hipbone and send the other belt under the body.



Check

**5** Lay on the back and pull out the belt (Did at No.4) from the opposite side, and widen the edges of the pad.



**6** Put the belt on.



**7** Keep the pad folded in half and extend the pad toward the feet to eliminate sagging.



Check

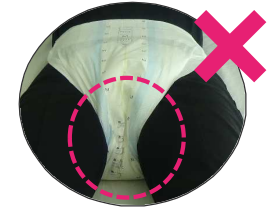
**8** Bring the pad close to the base of the legs, peel off the tape, and carefully align it with the groin.



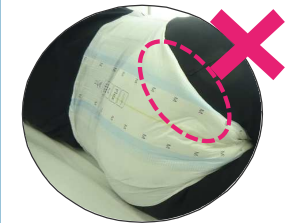
**9** Spread the pad and put tapes to the belt.



### Bad Example



Too flat in the center of the pad.



The pad is folded inside.



# How to fit TENA TENA Flex

~ When exchanging while standing ~



You can watch the how-to-fit movie here.



## Prepare



**1**  
Spread the pad, peel off the two tapes at the edges and paste them together.



**2**  
Stretch the pad with both ends and fold it in half.



**3**  
Spread the belt.



## Fitting



**1**  
Stand behind, align the center line with the spine, and secure the belt to above the hipbone



**2**  
Stretch the pad, and insert the pad between the leg. (still fold it in half)



**3**  
Hold the front side of the pad, and stretch it to forward to eliminate sagging.



**4**  
Peel off tapes, spread the pad, and pull it up diagonally to the groin carefully.

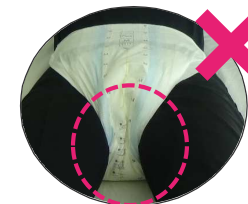


**5**  
Spread the pad to the left and right and stick the tapes to the belt.

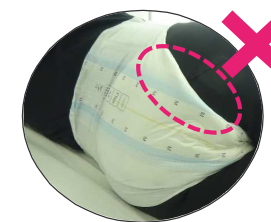


**6**  
When using the restroom, remove tapes and, stick it beside the belt.

## Bad Example



Too flat in the center of the pad.



The pad is folded inside.

