



How to fit TENA TENA Comfort

~ When exchanging while lying down ~



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




Prepare

TENA Comfort + Fixation
TENA Fix, TENACover, TENA Fix Cotton Special


Please use TENA comfort in combination with Fixation

- 1 Spread the pad
- 2 Fold the pad in half vertically (make swelling)
- 3 The direction of the arrow on the back shows forward.

Bad Example



The centerline and pad is off.



Too flat in the center of the pad.

Fitting (When Using TENA Fix, TENA Fix Cotton Special)

- 1 Pull down the TENA fixation and lie down.
- 2 Insert the folded pad between the legs.
- 3 Align the constricted part of the pad with the urethral opening, and bring the pad close to the base of the legs.
- 4 **Check** Spread the pad from the bottom of the hips and align the center line with the spine.
- 5 Raise the TENA fixation so that the center line of the pad does not move.
- 6 **Check** Stretch the front side of the pad forward to eliminate sagging.
- 7 Bring the pad close to the base of the foot, keep a ball-shape and align it with the groin carefully.
- 8 Spread the pad.
- 9 Pull the TENA fixation.

Widen enough, Centerline on the spine!

Fit pad with the groin!



How to fit TENA

TENA Comfort

~ When exchanging while standing ~



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



Prepare

TENAComfort



Fixation



Please use TENA comfort in combination with Fixation



1 Spread the pad.



2 Fold the pad in half vertically. (make swelling)



3 The direction of the arrow on the back shows forward.

Fitting

(When Using TENA Fix, TENA Fix Cotton Special)



1 Stand behind, and pull down the TENA fixation.



2 Insert the folded pad between the legs.



3 Pull up the Fixation by half, and align the constricted part of the pad with the urethral opening.

Check



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



5 Raise the TENA fixation so that the center line of the pad does not move.



6 Stretch the front side of the pad forward to eliminate sagging.

Check



7 Bring the pad close to the base of the foot, keep a ball-shape and align it with the groin carefully.



8 Spread the pad.



9 Pull the TENA fixation.



Widen enough, Centerline on the spine!



Fit pad with the groin!

Bad Example



The centerline and pad is off.



Too flat in the center of the pad.