



How to fit TENA

TENA Slip

~ When exchanging while lying down ~



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



Prepare



1 Spread the pad.



2 Fold the pad in half vertically.



3 It will be a three dimensional shape.

Bad Example



The center line is bent.



Too flat in the center of the pad.

Fitting



1 Insert the folded pad between the legs. (tape side is in the back)



2 Bring the pad close to the base of the legs, and make the balance back and front even.



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



4 Put the taped side on the lower side under the body, and lie on back



5 Pull the tape that insert in No.4 from the other side, and widen the edge of the pad.



6 Make the balance left and right even.



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



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 wrap around hip.



10 Fasten the bottom tape.



11 Fasten the upper tape diagonally downward