How to tell if a washable absorbent underwear is the most suitable product to use...

Abena recommend that a full continence assessment should be performed in order to establish an accurate diagnosis and to implement a treatment and management plan. In many cases, continence issues can often be cured or improved.

Abena offer a high quality range of washable ladies and male underwear with an integral pad. These products are available in different styles and absorbencies, and also a wide range of sizes. There are many benefits to wearing the washable underwear instead of small absorbent incontinence products.

Benefits & Features:

- The integrated absorbent pad is discrete which many people prefer to wearing a disposable product.
- They can absorb up to 250ml, meaning they are a comparable alternative to a disposable product (up to Abri-San Premium 4.)
- Some individuals may benefit from wearing a washable brief as this can reduce discarding the disposable products (e.g. a person living with dementia).
- Rather than using lots of disposable products and discarding them, the washable underwear can be reused making the washable product a more environmentally friendly alternative which can help to reduce clinical waste.
- As long as the washing instructions are followed they will last as long a normal pair of briefs.
- The underwear is easy to care for: wash at 50°C and in addition they can be tumble dried at a low temperature. Please note they should not be ironed, dry cleaned or washed with bleach or fabric conditioner as this could affect the absorbency of the products.
- They are made of 95% cotton and 5% lycra® which allow a close and comfortable fit.
- If a washable product is being used in a care home setting the briefs should be marked with a laundry pen on the label to easily identify the wearer. Underwear should be washed with the residents own laundry items as per the care home protocol.

A washable product should not be considered for faecal incontinence or moderate to heavy urinary incontinence. They are only appropriate for light urinary incontinence.

Washing Instructions:

- Wash at 50°C
- Do not Iron
- Tumble Dry on a low heat
- Do not dry clean
- Do not bleach

For further information email:
CustomerServices@abena.co.uk
Or call us on 0800 052 1165

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