



# How to use & Care for our free REUSABLE CLOTH PADS



The PadHer Reusables™ is a reusable cloth pad whose concept is the same as a single-use disposable pad. Our reusable pads are designed to snap into your underwear and absorb your menstrual flow.

Reusable cloth pads are hygienic if they are used and properly maintained. Whenever you use a period hygiene product that comes in contact with your skin, make sure to replace the pads as soon as they become wet. A wet sanitary pad can irritate your skin. Use the beautiful small wet bag to keep wet sanitary pads as you change to a new one at school. Wash as soon as you get home. 3 pads have been given to you (2 reusable medium flow pads for daytime and 1 reusable heavy flow pad for nighttime).

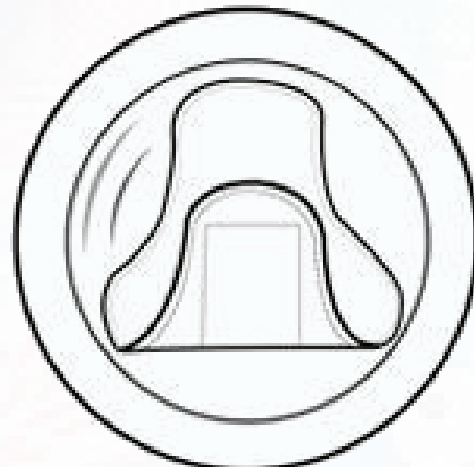
## How to wash your reusable cloth pad

You can wash your reusable pads in 4 easy steps as shown below



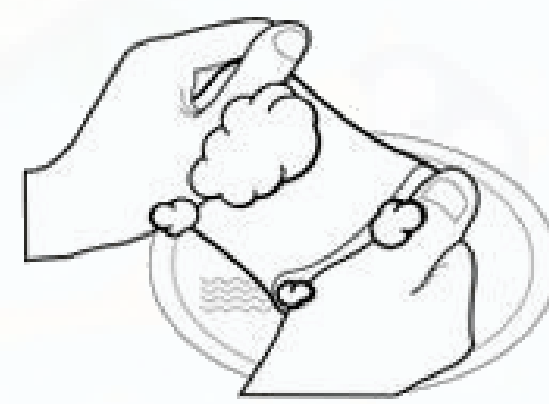
1

RINSE OUT



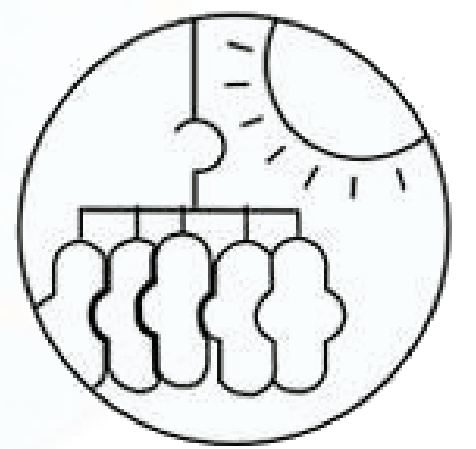
2

SOAK



3

SOAP



4

HANG DRY

### 1. RINSE OUT

Before washing used pads with soap or detergent, thoroughly rinse them to remove any blood. The key to stain-free cloth pad washing is to keep rinsing until the water runs clear.

### 2. SOAK

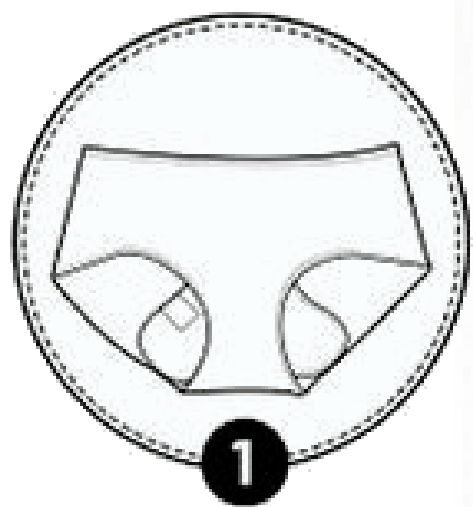
Soak pad in cold water for around 40 minutes. Soaking ensures that the menstrual blood is thoroughly removed. If the pad is badly stained, rinse the stained water and soak it in new water again.

### 3. SOAP

Cloth pads that have been rinsed can be now washed by hand, but make sure to use warm water. You only need a small amount of washing soap to get the job done.

### 4. HANG DRY

To avoid shrinkage, it is highly recommended that you air dry (dry under sunlight). We recommend drying under the sun because the UV rays in the sun are great natural disinfectants.



1



2



3

## How to use a reusable cloth pad

- 1 Place the pad on the bottom of your underwear.
- 2 The absorbent side of the pad goes against your skin
- 3. The wings wrap around the crotch of the underwear to snap together.

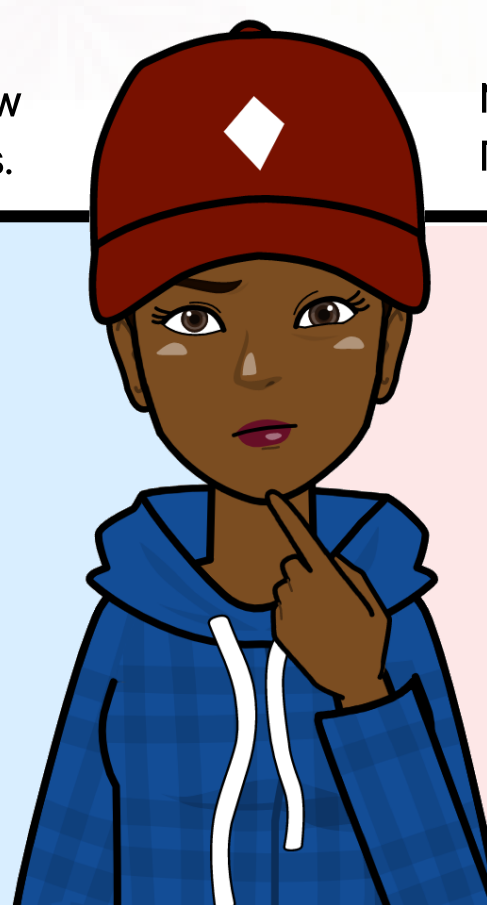
The lifespan of a reusable cloth pad varies depending on how often it is used and how well it is cared for. With good maintenance, you may expect them to last up to 2 years.

Make sure to wash your pads before using them. Replace pads at least every 6 hours.

# Want to know more about Periods?

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