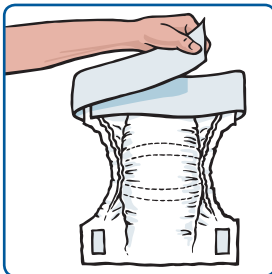


TENA Flex (Belted Pads)

A design breakthrough

TENA Flex is a fully breathable belted product that allows for more ergonomic changing regardless of the individual's position, providing a comfortable and discreet fit. Incorporating a patented Superfit Waist Belt for quicker and easier changing, TENA Flex minimises the need for moving and lifting, making pad changing less intrusive for the wearer and TENA Flex has been proven to reduce the risk of back strain on carers. FeelDry™ technology offers outstanding dryness providing the highest quality of care. The fully breathable outer material allows air to circulate, with the special design leaving the individual's hips and thighs less covered, for dryness, healthy skin and wearer comfort. Because TENA Flex is an all-in-one product, there is no extra fixation required.

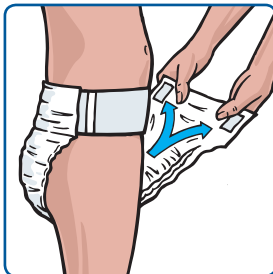
TENA Flex Fitting Guide – Standing and Lying



Fully open up the pad. Fold the pad in half lengthways to create a bowl shape.



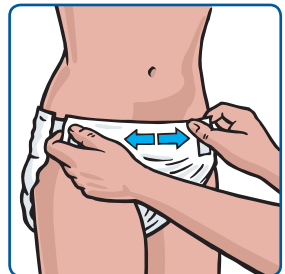
With the user on their side and the pad at the back, crumple the belt and slide it through below the waist.



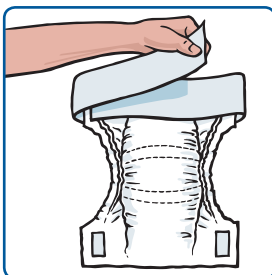
With the user lying down, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.



Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.



Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area.



Fully open up the pad. Fold the pad in half lengthways to create a bowl shape.



Slide the belt around the hips and secure at the front with the hook-in-line tabs.



With the user standing, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.



Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.



Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area.

TENA Flex dos and don'ts

- ✓ Assess user for correct absorbency
- ✓ Measure around the hip for correct size
- ✓ Pull pad through between the legs folding lengthways to create bowl shape
- ✓ Ensure elastic is pulled taut and is snug fit in the groin
- ✗ Never place one pad inside another to increase absorbency
- ✗ Never use talc, as it reduces the absorbency of the product
- ✗ When creams are prescribed, use sparingly to ensure the product works effectively