



Application Guide



Small, safe and comfortable

The aim is to keep the incontinent person dry by using as small a pad as possible. A small pad is more comfortable to wear, and is less expensive.

Abena has a wide range of products which make individual choices very easy. The keywords in the development of our product range are security, comfort and quality of life.

Abena's product range is extensive. The complete range consists of several different ranges: Abri-San, Abri-Form, Abri-Flex, Abri-Man, Abri-Wing and Abri-Wing Special.

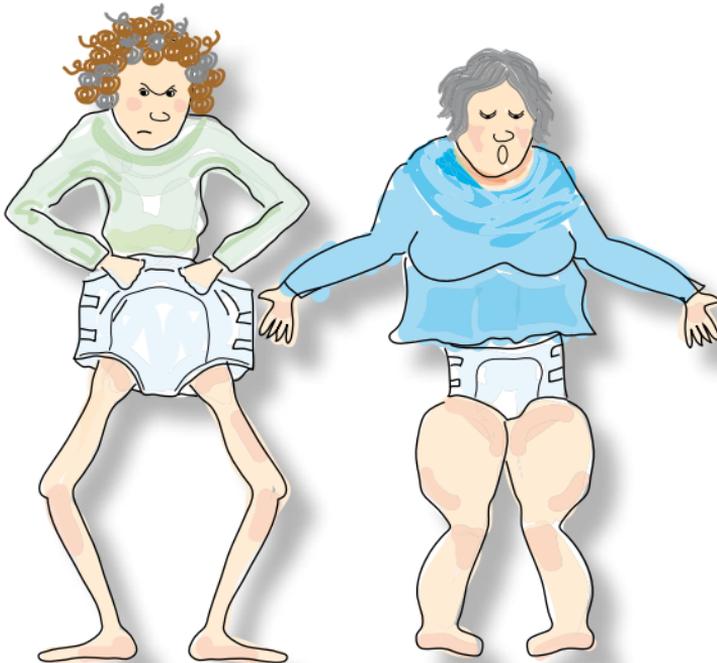
The products are available in various sizes and absorbency levels to meet individual needs.

General rules when applying a pad

- Create a channel shape by folding the pad lengthways
- Do not touch the inside of the pad
- The pad should fit snugly to the groin
- The backsheet of the pad should turn away from the body and groin
- Apply the pad from front to back – and always remove the pad from behind

Changing frequency

- The pad should be changed when required
- The pad should be changed every 3-4 hours during the day and the evening
- The pad can be used for up to 8 hours during the night, to ensure a sound night's sleep
- The wetness indicator shows how much of the pad's capacity has been used. If the pad is not used to its full capacity when changed, choose a smaller pad



As small as possible
- as large as necessary

Abri-San

Abri-Man Special



1

Pull fitting pants half-way up the legs. Fold the pad lengthways with backsheet turned outwards. Do not touch the inside of the pad.

2

Pass pad between the legs from front to back.



3

Position the pad snugly into the groin area with the backsheet turned away from the skin.

Self-management

4

Pull out front of pad horizontally to create a channel shape between the legs. Fan out the edges.



5

Pull out back of pad horizontally and fit the back of the fitting pants into position.

6

Adjust pants at front and make sure the pants legs are placed on the backsheet edges of the pad. Adjust pad and fitting pants.



Abri-San . Abri-Man Special
Self-management

Abri-San

Abri-Man Special

1

Fold the pad lengthways with backsheet turned outwards. Do not touch the inside of the pad.



2

Ensuring that the wearer is properly supported, pass pad from front to back. Position the upper rear end of pad at the coccyx.



3

Fan out the back of pad horizontally to create a channel shape between the legs.

Upright position

4

Fan out pad horizontally at front.



5

Pull fitting pants up into position. If possible, the pants legs should be placed on the backsheet edges of the pad.



6

Adjust fitting pants at front, and make sure the edges of the pad ease into the groin area.



Abri-San : Abri-Man Special
Upright positopn

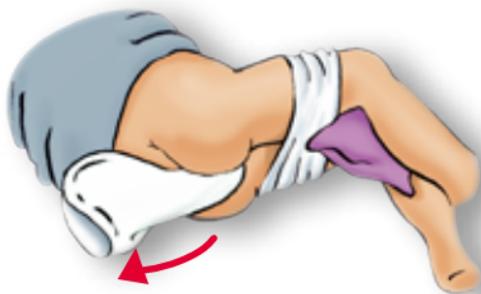
Abri-San

Abri-Man Special



- 1** Fold the pad lengthwise with backsheet turned outwards. Do not touch the inside of the pad.

- 2** Pass the folded pad from front to back, creating a channel shape between the legs. If necessary, place a towel between the knees to ease the process.



- 3** Pull out the back of the pad horizontally, and position the upper rear end at the coccyx.

Lying position



4

Pull up the fitting pants.



5

With the wearer lying on the back, fan out the pad at front. The pad should create a channel shape in the groin area and fit snugly to the body.



6

Adjust fitting pants at front. If possible, the pants legs should be placed on the backsheet edges of the pad.

Abri-Form



1

Fold the brief lengthways with backsheet turned outwards.

Do not touch the inside of the brief.

2

Pass the folded brief from front to back.



3

Pull out the brief horizontally at front. Shape it to create "pants with legs".



4

Pull out the back of brief horizontally. Make sure it fits snugly into the groin area, backsheet turned outwards.

Self-management



5

Fix bottom tapes on both sides. It may be helpful to angle the tapes slightly upwards to improve the fit around the legs.



6

Form a pleat in the band of the brief.



7

Fix top tapes angled downwards over the pleat.



8

Make sure the edges of the brief ease into the groin area, backsheet turned away from the skin.

Abri-Form

1

Fold the brief lengthways with backsheet turned outwards. Do not touch the inside of the brief.



2

Pass the folded brief from front to back. Position the upper rear end of the brief at the coccyx.

3

Steady with your hip the rear end of the brief. Pull out the front of the brief, creating a channel shape between the legs.



Upright position



4

Fix bottom tapes on both sides for a snug, comfortable fit.



5

Form a pleat in the band of the brief.



6

Fix top tapes angled downwards over the pleat.



7

Make sure the edges of the pad ease into the groin area, backsheet turned away from the skin.

Abri-Form



1

Fold the brief lengthways with backsheet turned outwards. Do not touch the inside of the brief.

2

Place the wearer on the side. Pull the brief from front to back.



3

Fan out the rear end of the brief.



4

Place the wearer on the back. Fan out the front of the brief, creating a channel shape between the legs.

Lying position



5

Fix bottom tapes on both sides for a snug, comfortable fit.



6

Form a pleat in the band of the brief.



7

Fix top tapes angled downwards over the pleat.

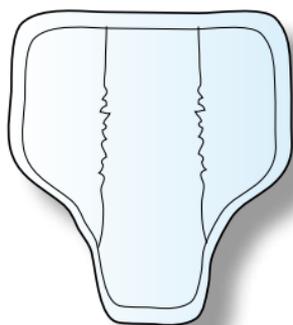


8

Make sure the edges of the brief ease into the groin area, backsheet turned away from the skin.

Abri-Man

Upright position



2

Remove the paper strip to expose the self-adhesive strip.

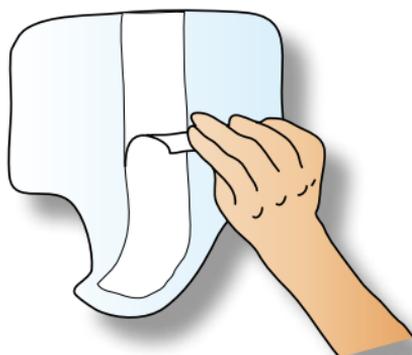


4

Put on the fitting pants or underpants.

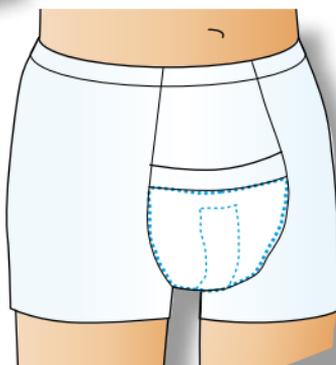
1

Unfold the pad.
Do not touch the inside surface of the pad.



3

Place the pad in close-fitting underpants or fitting pants, broad side up to the front.



For application of Abri-Man Special please see pages 4-9.

Abri-Flex

Upright position



1

Put on the brief as you would underpants. Fold the pad lengthways with backsheet turned outwards. Do not touch the inside surface of the brief.



2

After use and when changing, tear open the sides of the brief.

3

When both sides of the brief are torn open, roll it together and discard it.



Abri-Wing

Upright position



1

Unfold the brief.
Do not touch the inside
surface of the brief.

2

Fasten the belt
around your hips by means
of the Velcro fastener.



3

Pull up the brief
from behind.

4

Attach the front of
the brief onto the belt by
means of the Velcro.



Abri-Wing

Seated position



1

Unfold the brief. Do not touch the inside surface of the brief.



2

Fasten the belt around the hips by means of the Velcro fastener, while leaving the brief hanging loose at the back.

3

Place the wearer in an upright position and pull up the brief from behind.



4

Attach the front of the brief onto the belt by means of the Velcro fasteners in each side.

Abri-Wing



1

Unfold the brief.
Do not touch the inside
surface of the brief.

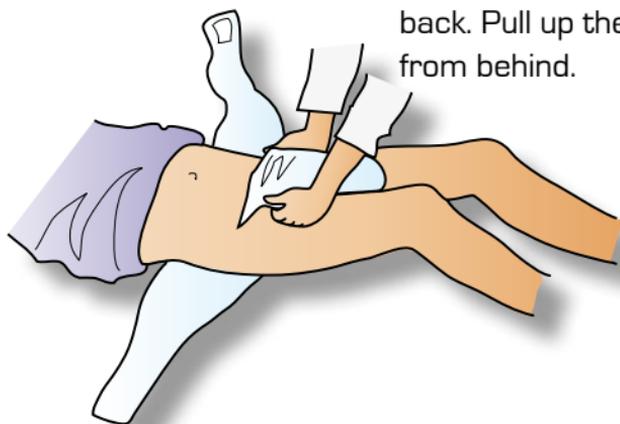
2

Place the wearer
on the side. Pull the
brief from front to back.



3

Place the wearer on the
back. Pull up the brief
from behind.



Lying position

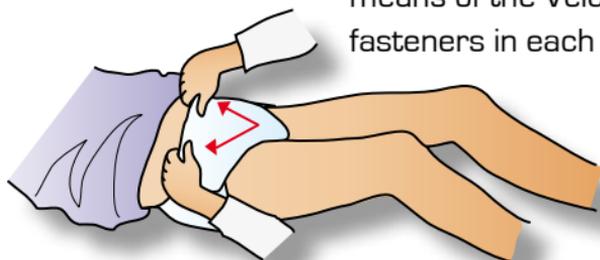
4

Fasten the belt around the hips by means of the Velcro fastener.



5

Attach the front of the brief onto the belt by means of the Velcro fasteners in each side.



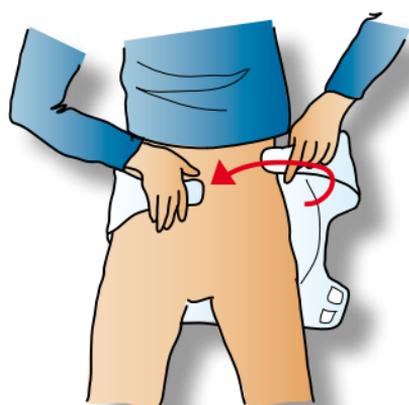
6

Make sure the edges of the brief ease into the groin area, backsheet turned away from the skin.



Abri-Wing Special

Upright position



1

Fasten the belt around your hips by means of the Velcro fastener.



2

Pull up the brief from behind.



3

Attach the front of the brief onto the belt by means of the Velcro fasteners in each side.

4

Pull up the tape and fix it diagonally on the belt so that the brief fits snugly around the legs.



Abri-Wing Special

Seated position



1

Fasten the belt around the hips by means of the Velcro fastener, while leaving the brief hanging loose at the back.

2

Place the wearer in up-right position and pull up the brief from behind.



3

Attach the front of the brief onto the belt by means of the Velcro fasteners in each side.



4

Pull up the tape and fix it diagonally on the belt so that the brief fits snugly around the legs.

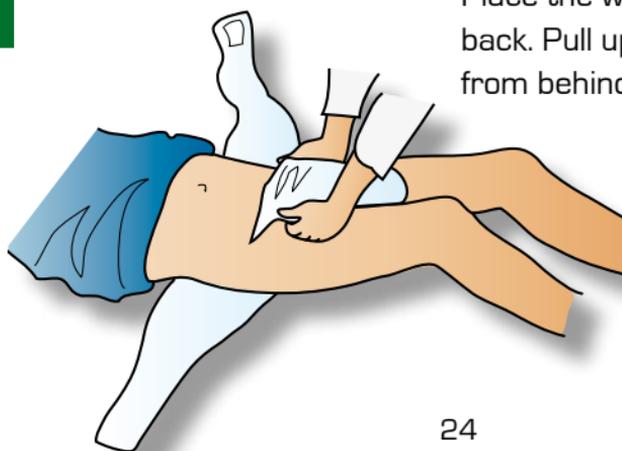
Abri-Wing Special



- 1**
Unfold the brief.
Do not touch the inside surface of the brief.



- 2**
Place the wearer on the side. Pull the brief from front to back.

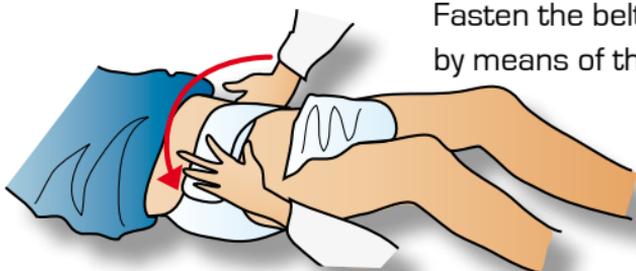


- 3**
Place the wearer on the back. Pull up the brief from behind.

Lying position

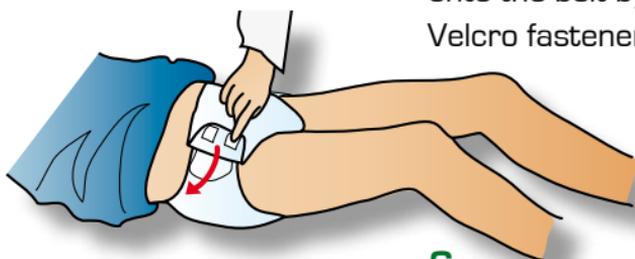
4

Fasten the belt around the hips by means of the Velcro fastener.



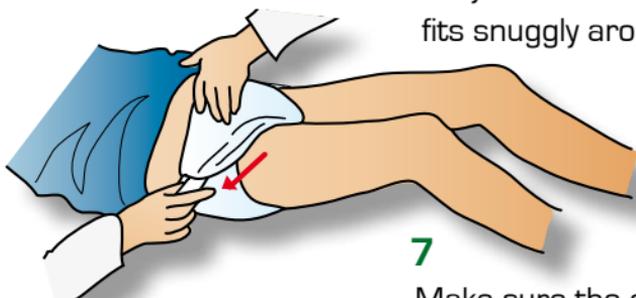
5

Attach the front of the brief onto the belt by means of the Velcro fasteners in each side.



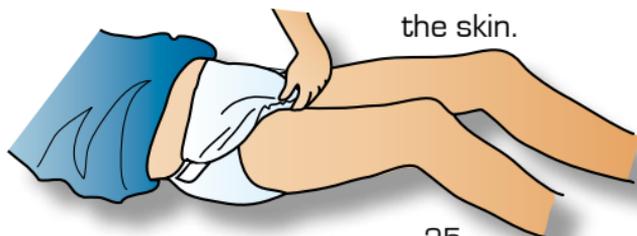
6

Pull up the tape and fix it diagonally on the belt so that the brief fits snugly around the legs.



7

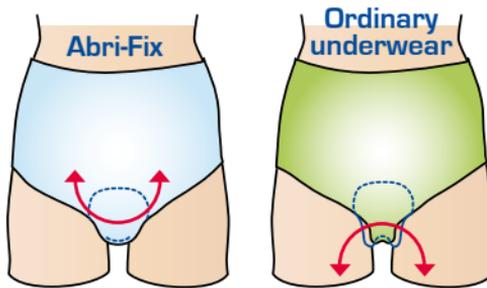
Make sure the edges of the brief ease into the groin area, backsheet turned away from the skin.



Abri-Fix

Fitting - an important part of security

Abena has a wide range of fixation products to match different patient groups, and it accommodate the needs for extreme sizes. The Abri-Fix range has been developed in close co-operation with end users, care staff and our own nurse specialists.

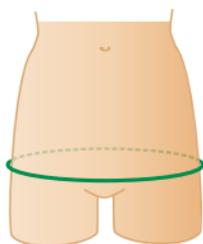


- All Abri-San and Abri-Man products should be used together with special fitting underwear like Abri-Fix.
- Compared to ordinary underwear Abri-Fix products have a wide crotch and extra elasticity to give maximum pad support and best security against leakage.

Abri-Fix

Hip size

To obtain an optimum fitting function the size of the product is based on the hip size. The size is measured with a centimeter tape measure at the widest spot of the hip.



Colour code

An easy read colour code on the product makes it easy to find the right size of the required Abri-Fix product.

XS	→	
XS	→	
S	→	
M	→	
L	→	
XL	→	
XXL	→	
XXL	→	
XXXL	→	

