



iD EXPERT LIGHT FITTING GUIDE

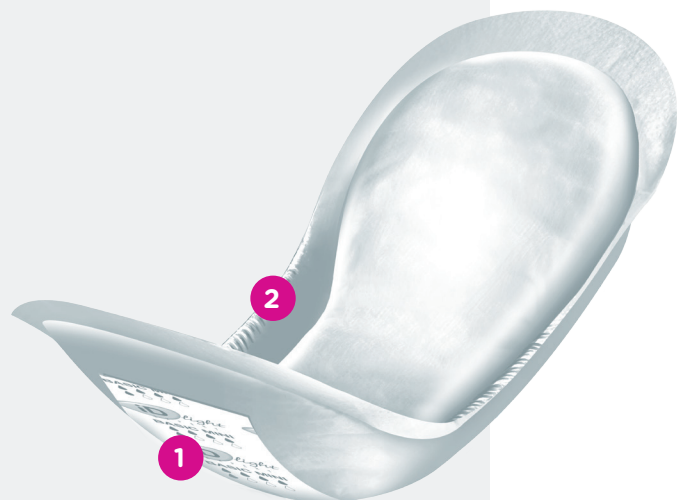


YOUR TRUSTED PARTNER
IN CONTINENCE CARE



iD Expert Light

iD Expert Light anatomical shaped pads have been designed for the management of stress or light urinary incontinence. Featuring a wide adhesive strip, these pads are worn with conventional close-fitting elasticated underwear to provide the user with complete discretion.



- 1 Wide adhesive strip
- 2 Elasticated cuff

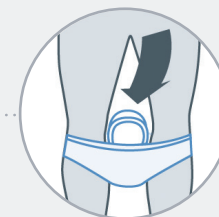
Step 1

Remove the pad from its packaging, gently unfold it and then half the pad lengthways forming a channel in the middle of the pad. Where the pad is elasticated allow this to aid in shaping and cupping the product. This will help you to achieve a close secure fit.



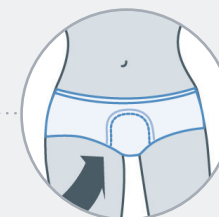
Step 2

Remove the paper from the adhesive strip running along the back of the pad. Stick the pad onto the crotch area of the pants, carefully positioning it so that any urine that may escape will go into the central area of the pad.



Step 3

Pull the pants up ensuring that the newly applied pad remains in place and fits closely at the groin. Remember always wear your pad with close fitting, elasticated underwear.





Important Advice

Oil based barrier creams may reduce the performance of the pads. If barrier creams must be used, they should be applied sparingly and only on treatable areas. Used products should be disposed of in the appropriate manner, they cannot be flushed down the toilet.