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Application guide

September 2022



As small as possible - as large as necessary

ABENA has a wide range of products to cover individual needs and choices. When we develop our products, the keywords are increased quality of life, optimum security, leakage protection, and utmost comfort for the users.

A crucial part is to stay dry and comfortable while still feeling secure. There are two angles - most importantly is to applicate and fixate the product correctly for optimum leakage protection and user-comfort. Second is choosing the right product size, and our care philosophy is to select a product as small as possible but as large as necessary. A small product allows the user to move freely and it is better for the skin. But also recommended in terms of optimizing consumption and minimizing use of natural resources.

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

General guidelines when applying a pad

- Wash your hands or sanitize before applying the pad. Caregivers should use disposable gloves.
- Create a bowl shape by folding the pad lengthways.
- Do not touch the inside of the pad, this to prevent urinary tract infections.
- The pad should fit snugly to the groin.
- Apply the pad from front to back and always remove the pad from behind.
- ABENA San products in sizes 5-11 should always be used with special fixation underpants to ensure a snug fit and to reduce the risk of leakages.

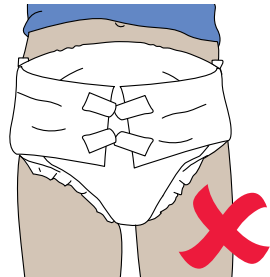
Important information

Select the correct size of the incontinence product;

- Measure the hip size at the widest spot on the hip. The right size helps prevent leakages.



Correct size



Incorrect size / too big

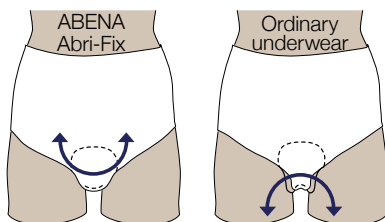
Recommended changing frequency

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

ABENA Abri-Fix

Fitting - an important element in leakage security

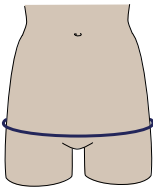
ABENA has a wide range of fixation products to match different user groups, and the range accommodates the need for large sizes.



- Compared with ordinary underwear, ABENA Abri-Fix products have a wide crotch and extra elasticity to give maximum pad support and the best security against leakages.
- ABENA San products in sizes 5-11 are recommended always to be combined with special fixation underpants to ensure a snug fit and to reduce the risk of leakages.

Hip size











To ensure optimum fixation and a perfect fit, it is important to select the right size. The determining factor is the hip size, which has to be measured with a measuring tape at the widest spot on the hip.



Each size covers a wide hip span, and we recommend that you select a size where your hip measurement is covered. Note that the sizes overlap each other. Thereby, two sizes can cover your needs. In that case, select the size where your hip measurement is on average.

Color code

The color-coding system makes it easy to find the right size of the ABENA Abri-Fix product every time. The color code is visible in the waistband on all sizes and on the packaging.

XS	→	
S	→	
M	→	
L	→	
XL	→	
2XL	→	
3XL	→	
4XL	→	
5XL	→	
6XL	→	

Assessment form



Assessment form

Name: _____ Date of Birth: _____

Which incontinence product is used during the assessment:

Day and evening use:

Night use:

Time of incontinence product change	Number of areas that have changed colour	Wet clothes or bed		Faecal soiled		Supportive toilet visitation		Urination / bowel movements during toilet visits		Type of new incontinence product applied	Initials
		Yes	No	Yes	No	Yes	No	Yes U: urine / B: bowel	No		
Day 1	At	Areas									
Date:	At	Areas									
	At	Areas									
	At	Areas									
	At	Areas									
	At	Areas									

Time of incontinence product change	Number of areas that have changed colour	Wet clothes or bed		Faecal soiled		Supportive toilet visitation		Urination / bowel movements during toilet visits		Type of new incontinence product applied	Initials
		Yes	No	Yes	No	Yes	No	Yes U: urine / B: bowel	No		
Day 1	At	Areas									
Date:	At	Areas									
	At	Areas									
	At	Areas									
	At	Areas									
	At	Areas									

Time of incontinence product change	Number of areas that have changed colour	Wet clothes or bed		Faecal soiled		Supportive toilet visitation		Urination / bowel movements during toilet visits		Type of new incontinence product applied	Initials
		Yes	No	Yes	No	Yes	No	Yes U: urine / B: bowel	No		
Day 3	At	Areas									
Date:	At	Areas									
	At	Areas									
	At	Areas									
	At	Areas									
	At	Areas									

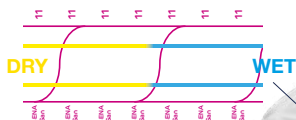
Turn

Scan QR for interactive assessment form. Forward to email for interactive access.



Wetness indicator with graduation scale

- The wetness indicator consists of two yellow lines printed on the backsheet foil. The two yellow lines turn blue when it gets wet, giving an indication when the pad needs to be changed.
- Wetness indicator with graduation scale allows the caregiver to see how much of the product's capacity has been utilized.
- It guides the caregiver and the user to the product with the right absorption level complying with our overall objective: "As small as possible, as large as necessary."



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With the assessment form you can easily find out if the user has the best possible incontinence product.

What will the assessment form show when filled out:

- How utilized the pad is.
- How often and when the pad is changed.
- Are there any leakages?
- Are there any feces in the pad or in the toilet?
- How often is the user assisted with toilet-visits?

Make an evaluation of the assessment form when filled out and consider if anything needs to be changed or adjusted. Recommended adjustments could be to increase number of toilet visits, select a smaller or larger pad, select a higher or lower absorption level, etc.

ABENA San

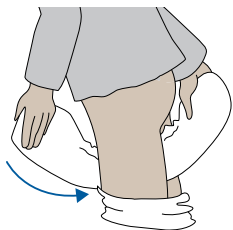
ABENA Man Special

ABENA Nova San



1

Pull fixation pants half-way up the legs. Fold the pad lengthways to create a bowl shape with backsheet turned outwards. Do not touch the inside of the pad.



2

Pass the pad between the legs from front to back.

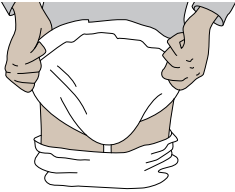


3

Position the pad snugly into the groin area with the backsheet turned away from the skin. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. Not applicable with ABENA Nova.

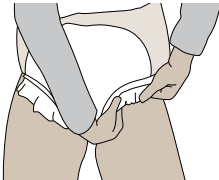


ABENA-San products in sizes 5-11 should always be used with special fixation underpants to ensure a snug fit and to reduce the risk of leakages. See page 4-5.



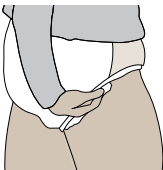
4

Pull out back of the pad horizontally to create a channel shape between the legs. Make sure the pad fits tightly in the bottom and groin area. Fan out the edges.



5

Pull out front of the pad horizontally and adjust the front of the fixation pants into position.



6

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

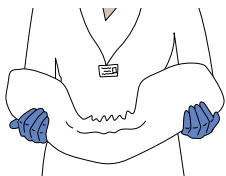


Our philosophy: As small as possible, as large as necessary.

ABENA San

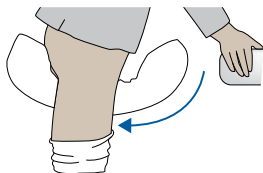
ABENA Man Special

ABENA Nova San



1

Fold the pad lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the pad.



2

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



3

Fan out the back of the pad horizontally to create a channel shape between the legs. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. Not applicable with ABENA Nova.

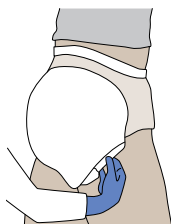


ABENA San products in sizes 5-11 should always be used with special fixation underpants to ensure a snug fit and to reduce the risk of leakages. See page 4-5.



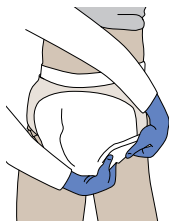
4

Fan out the pad horizontally at front. Make sure the pad fits tight and comfortable in the bottom and groin area.



5

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



6

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

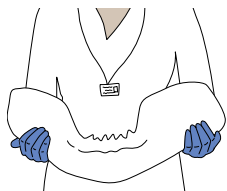


Our philosophy: As small as possible, as large as necessary.

ABENA San

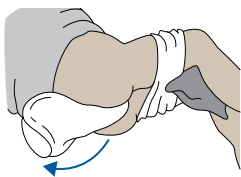
ABENA Man Special

ABENA Nova San



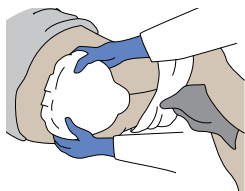
1

Fold the pad lengthways with backsheet turned outwards to create a bowl shape. 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.

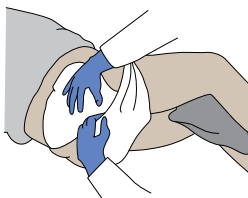


3

Pull out the back of the pad horizontally, and position the upper rear end at the coccyx. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. Not applicable with ABENA Nova.

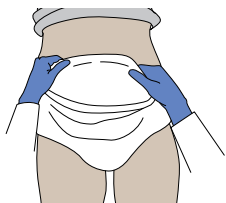


ABENA-San products in sizes 5-11 should always be used with special fixation underpants to ensure a snug fit and to reduce the risk of leakages. See page 4-5.



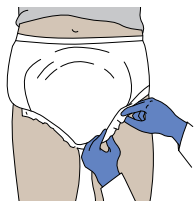
4

Pull up the fixation pants.



5

Allow the user to lie on the back and 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 the fixation pants at front. If possible, the pants legs should be placed on the backsheet edges of the pad.



Our philosophy: As small as possible, as large as necessary.

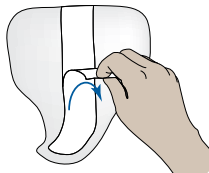


ABENA Man



1

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



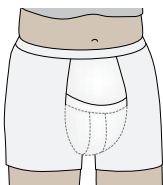
2

Remove the release-tape to expose the self-adhesive strip.



3

Place the pad in close-fixation underpants or regular underpants, with the broad side up to the front.



4

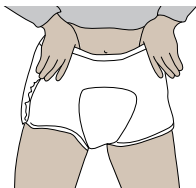
Put on the fixation pants or regular underpants.



For application of ABENA Man Special please see pages 8-13.



ABENA Pants



1

Put on the brief as you would usually put on a pair of underpants. Do not touch the inside surface of the pants.



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 up, fix it with built-in z-tape at the back and discard it.

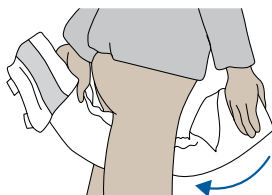
ABENA Slip

ABENA Slip FLEXI FIT

ABENA Nova Form



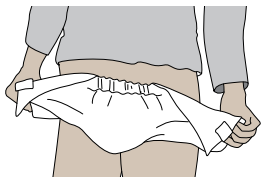
1 Fold the brief lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the brief.



2 Pass the folded brief from front to back.



3 Pull out the brief horizontally at front. Shape it to create “pants with legs”. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. Not applicable with ABENA Nova.



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

Application video



Upright position self-management

All-in-one product



5

Fix the bottom tapes on both sides. Angle the tapes slightly upwards to improve the fit around the legs.



6

Fix the top tapes angled downwards over the pleat.



7

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

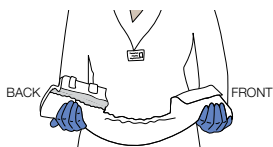


The combi tapes with adhesive and hooks can be repositioned several times.

ABENA Slip

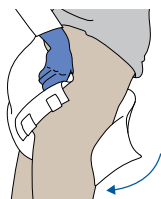
ABENA Slip FLEXI FIT

ABENA Nova Form



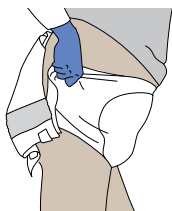
1

Fold the brief lengthways with backsheet turned outwards to create a bowl shape. 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

Pull out the front of the brief, creating a channel shape between the legs. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. Not applicable with ABENA Nova.



ABENA Slip FLEXI FIT range with flexible sides gives a snug fit supporting all body shapes.

Application video



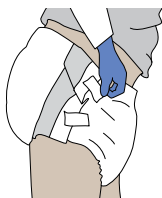
Upright position assisted

All-in-one product



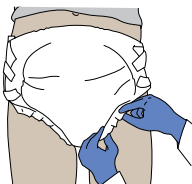
4

Fix the bottom tapes on both sides. Angle the tapes slightly upwards to improve the fit around the legs.



5

Fix the top tapes angled downwards over the pleat.



6

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

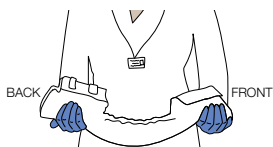


The combi tapes with adhesive and hooks can be repositioned several times.

ABENA Slip

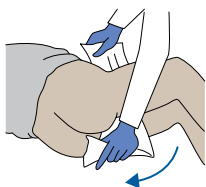
ABENA Slip FLEXI FIT

ABENA Nova Form



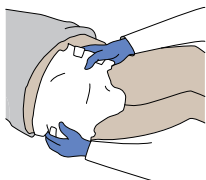
1

Fold the brief lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the brief.



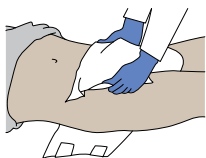
2

Place the user on the side. Pull the brief from front to back. If necessary, place a towel between the knees to ease the process.



3

Fan out the rear end of the brief. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. Not applicable with ABENA Nova.



4

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



ABENA Slip FLEXI FIT range with flexible sides gives a snug fit supporting all body shapes.

Application video



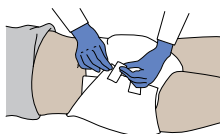
Lying position assisted

All-in-one product



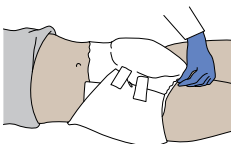
5

Fix the bottom tapes on both sides and angle the tapes slightly upwards to improve the fit around the legs.



6

Fix the top tapes angled downwards over the pleat.



7

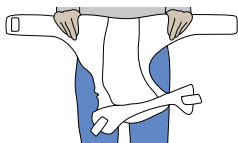
Make sure the edges of the brief ease into the groin area, with the backsheet turned away from the skin.



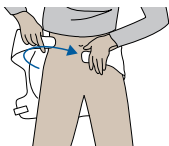
The combi tapes with adhesive and hooks can be repositioned several times.



ABENA Wing

**1**

Unfold the brief and fold it lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the brief.

**2**

Fasten the belt around your hips with the velcro fastener.

**3**

Pull up the brief from behind. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center.

**4**

Attach the front of the brief onto the belt with the combi-tape fasteners on each side.

**5**

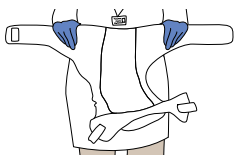
Make sure the edges of the brief ease into the groin area, with the backsheet turned away from the skin.



Make sure that the brief fits tight and is comfortable for the user. If it does not fit tight in the groin area, attach the belt higher up on the hip.



ABENA Wing



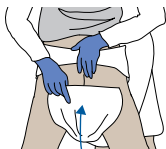
1

Unfold the brief and fold it lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the brief.



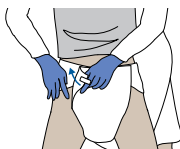
2

Fasten the belt around the hips with the velcro fastener.



3

Pull up the brief from the front. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center.



4

Attach the front of the brief onto the belt with the combi-tape fasteners on each side.



5

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



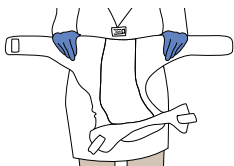
The combi tapes with adhesive and hooks can be repositioned several times.



Always follow government and organisational guidelines in the correct application and use of all continence products in supporting the resident.



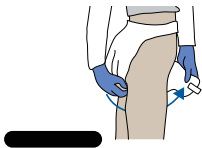
ABENA Wing

**1**

Unfold the brief and fold the brief lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the brief.

**2**

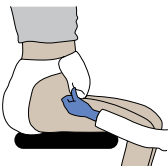
Fasten the belt around the hips with the velcro fastener.

**3**

Pull up the brief from behind.

**4**

Attach the front of the brief onto the belt with the combi-tape fasteners on each side. Use the graduation scale with wetness indicator to check if the product is applied accurately in the center.

**5**

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

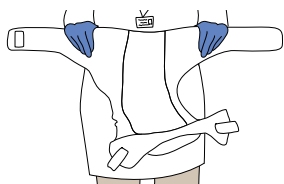


The belt on ABENA Wing is generally longer than on other belt brief manufacturers and therefore belt extensions should not be needed.

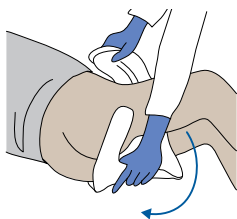


Make sure that the brief fits tight and is comfortable for the user. If it does not fit tight in the groin area, attach the belt higher up on the hip.

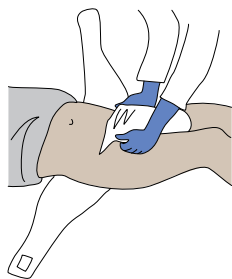
ABENA Wing



1 Unfold the brief and fold it lengthways with the backsheet turned outwards to create a bowl shape. Do not touch the inside of the brief.



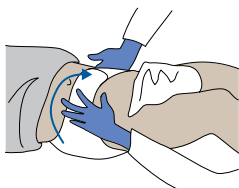
2 Place the user on the side. Pull the brief from front to back. Use the wetness indicator with graduation scale to check if the product is applied accurately in the center. If necessary, place a towel between the knees to ease the process.



3 Place the user on the back. Pull up the brief from behind.

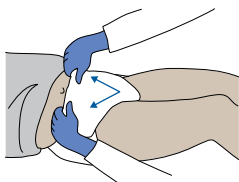


The combi tapes with adhesive and hooks can be repositioned several times.



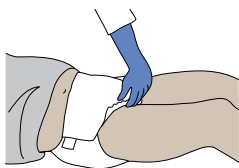
4

Fasten the belt around the hips with the velcro fastener.



5

Attach the front of the brief onto the belt with the combi-tape fasteners on each side.



6

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



Make sure that the brief fits tight and is comfortable for the user. If it does not fit tight in the groin area, attach the belt higher up on the hip.



ABENA Nova guidelines

Attaching the clip on ABENA Nova products

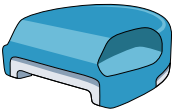
- Do not touch the tab when attaching the clip.
- Attach the clip on the tab before applying the incontinence product on the resident.
- The blue side of the clip should face outwards.
- Check with the WetSens Monitor app that the clip is working.
- Clean the clip with disinfection wipes.
- For ABENA Nova Form M2, M4, L2 and L4 only. Pull the non-woven material away from the tab/sensor lines. The non-woven is not meant to be inserted into the clip.

ABENA Nova



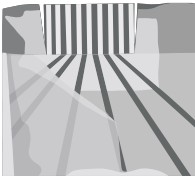
1

Front view of the ABENA Nova with MediSens clip.



2

Side view of the ABENA Nova with MediSens clip.



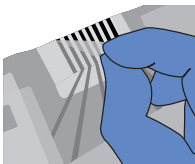
3

The clip is attached to the tab at the top of the incontinence product.



4

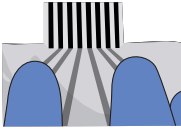
The tab has a stiffener on its back for an easy attachment of the clip.



5

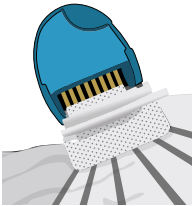
For ABENA Nova Form M2, M4, L2 and L4 only. Pull the non-woven material away from the tab. The non-woven is not meant to be inserted into the clip.

Attaching the clip on ABENA Nova products



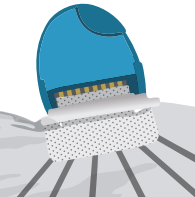
6

Expose the tab for easier attachment.



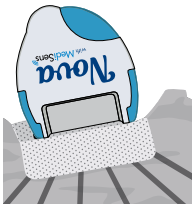
7

Open the lid of the clip and attach it to the tab.



8

Make sure the clip is properly attached to the tab.



9

Close the lid on the ABENA Nova with MediSens clip. The blue side of the clip should face outwards, on the outside of the product. Monitor the clip with WetSens Monitor.

Find all our application videos on
www.abena.com/incontinence



www.abena.com