

Amaranthine

Cloth Pads for incontinence – Hand made by Obsidian Star

To wear the cloth pads, simply place them into your underpants and use the plastic snaps to secure the wings together (as you would wear a disposable pad). To tell which way up the pads are supposed to go, all the “Amaranthine” pads are designed so that the side with the printed fabric goes against your underpants, and the softer plain fabric side goes against your skin.

While disposable pads use adhesive to stick the pad to your underpants, cloth pads use plastic “snaps” (press studs) to attach the wings together around your underpants. The combination of snug fitting (preferably cotton) underpants and the cotton backing of the pads, helps to hold them in place without needing adhesives.

You should change the cloth pad for a fresh one every few hours or as needed. They can be washed along with any regular load of laundry you do – there is no need for any special treatment. Do not use fabric softener, as this can coat the fabric and make it less absorbent. Do not iron. Line drying is recommended.

If you need to change pads while you are out, you can carry a small PVC lined makeup bag, a plastic “ziplock” bag, or other small waterproof bag that you can carry the used pad in.



These cloth pads are handmade by Obsidian, who has been sewing reusable cloth pads for 14 years under the brand name “Obsidian Star” (www.obsidianstar.com.au). “Amaranthine” is an online store specialising in red and purple themed products for the ladies from the Red Hat Society, so the cloth pads found on “Amaranthine” are specially designed for incontinence as well as fitting with the colour theme.

If you are looking for more cloth pads, have a look at the “Obsidian Star” website, and Obsidian also runs an online store where several cloth pad makers sell their cloth pads (where you will find a large variety of cloth pads available) – www.clothpadshop.com.

When looking for cloth pads for incontinence, any cloth pad designed for menstrual use will also work for incontinence, however you need to consider how much leakage your pads will need to be able to absorb. A “regular/medium” or “heavy” absorbency cloth pad would likely be suitable. If you need a high level of absorbency, you may need to look for a specially designed incontinence pad with higher absorbency and perhaps gussets.

It is recommended to choose a cloth pad with “PUL” waterproofing, to help protect against leaks. Synthetic top fabrics (like “suedecloth” or “minky”) will resist fading more than natural fabric tops will, as pads for incontinence tend to fade more than pads worn for menstrual flow.

If you have any questions, please do not hesitate to contact me – obsidian@obsidianstar.com.au