

# PREVENTA WEAR

EMPOWERING LIVES ONE GARMENT AT A TIME



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# OUR STORY

At Preventa Wear, LLC, our special needs clothing is designed for individuals with incontinence and their caregivers. Over the years, we have garnered a loyal customer base worldwide, with repeat orders from satisfied customers in the US, Canada, the UK, New Zealand, China, and Australia. Our journey began with a personal need to provide my daughter with a comfortable bodysuit that she liked and that I could trust her not to remove. Since then, Preventa Wear has expanded its product line to include special needs bodysuits for adults and children, continually improving our designs with input from customers like you.



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## OUR BLOG

# TOP 7 TIPS FOR BUYING THE RIGHT PRODUCTS FOR INCONTINENCE

Living with incontinence can be challenging, but with the right **adaptive clothing for incontinence**, you can regain confidence and enjoy life fully. Choosing the right adaptive clothing for incontinence is crucial for comfort and overall well-being. Here are five valuable tips to help you make informed decisions when purchasing adaptive clothing for incontinence:

### **UNDERSTANDING INCONTINENCE AND ITS IMPACT**

Bowel or urinary incontinence is more common than you might realize and can affect individuals of all ages and genders. Whether caused by age, medical conditions, or other factors, incontinence can have a significant impact on daily life. It's important to address this issue with products that meet your specific needs and lifestyle.

### **TIP 1: ASSESS YOUR INCONTINENCE NEEDS**

Before exploring product options, assess your incontinence needs. Understand the type and severity of your incontinence, as well as your lifestyle and activity level.

### **IDENTIFYING YOUR INCONTINENCE TYPE AND SEVERITY**

Different types of incontinence demand varying levels of protection. Stress incontinence, urge incontinence, overflow incontinence, and functional incontinence each have unique characteristics. Consulting a medical professional for an accurate diagnosis of your type and severity is crucial. This will help guide your selection of the appropriate products.

### **UNDERSTANDING YOUR LIFESTYLE AND ACTIVITY LEVEL**

Consider your daily routine and activities. Determine whether you lead an active lifestyle or experience limited mobility due to mobility issues. This information will help you choose products that offer the necessary protection without restricting your daily activities



### **TIP 2: EXPLORE DIFFERENT INCONTINENCE PRODUCT CATEGORIES**

There's a wide range of incontinence products available, each catering to specific needs. Understanding the pros and cons of different categories will help you make an informed choice.

### **DISPOSABLE INCONTINENCE PRODUCTS: PROS AND CONS**

Disposable products like adult diapers and incontinence pads offer convenience and ease of use. They are available for both urinary and bowel incontinence.

### **BENEFITS AND CONSIDERATIONS**

Washable and reusable products such as cloth diapers and washable incontinence pads are eco-friendly and can be more comfortable for some individuals. However, they require regular washing and maintenance.

### **TIP 3: SELECT THE RIGHT SIZE AND ABSORBENCY LEVEL**

Choosing the right close-fitting underwear and absorbency level is essential for both comfort and effective skin protection. Loose-fitting briefs may lead to urine leakage for those with urinary incontinence, while overly tight products can cause skin irritation and discomfort. It's important to find a balance to ensure the protective underwear fits well and keeps the wearer comfortable.

### **FINDING THE PERFECT FIT AND COMFORT**

Ensuring a perfect fit is crucial to prevent urine leaks and discomfort. Follow the sizing charts provided by manufacturers when choosing adult diapers. A snug yet comfortable fit is essential to keep the product in place. Most adult briefs come with adhesive tabs that allow for a customizable fit, which is important for absorbing urine or bowel movements and protecting the skin from damage.

### **MATCHING ABSORBENCY WITH YOUR NEEDS**

Choose an absorbency level that meets your needs, as the product should absorb all bladder output to protect your skin from urine exposure, which can lead to skin breakdown. There are options for light, moderate, and heavy absorbency. Selecting the appropriate level helps prevent leaks and keeps you dry and comfortable.



### **WOMEN: UNIQUE NEEDS**

The pelvic floor muscles are vital for bladder control and preventing leakage. Weakness in these muscles can result in involuntary, light leaks. Using additional protection, like pads in underwear, can be beneficial in preventing leaks. Women often find that strengthening and maintaining these muscles through exercises and proper care can help reduce the risk of incontinence.

### **NERVE DAMAGE**

Disposable urinary collection devices are convenient solutions for managing incontinence. These user-friendly products offer a discreet and hygienic way to contain and dispose of urine, promoting comfort and confidence.

### **TIP 4: CONSIDER LIFESTYLE AND CONVENIENCE**

Your lifestyle plays a significant role in the type of incontinence products you should choose.

### **INCONTINENCE PRODUCTS FOR ACTIVE LIFESTYLES**

For those with an active lifestyle or experiencing mild urinary or stress incontinence, choose bladder control products that provide maximum flexibility and discretion. Look for designs that allow unrestricted movement, such as absorbent pads with adhesive backing that can be placed inside regular underwear, or pull-on disposable underwear.

### **INCONTINENCE PRODUCTS FOR REGULAR DAILY USE**

For everyday use, it's important to choose incontinence products that prioritize comfort and reliability. Look for features like odor control and breathable materials for long-term wear. Some adult diapers come with a waterproof backing to help manage bladder leaks. Disposable pads offer extra protection when worn with regular underwear, while booster pads provide additional absorbency in disposable undergarments. A quality product will effectively pull moisture away from the skin, ensuring the wearer stays comfortable.

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### **TIP 5: BUDGET-FRIENDLY OPTIONS AND COST-EFFECTIVENESS**

There are cost-effective options that maintain quality and performance.

### **AFFORDABLE INCONTINENCE PRODUCTS THAT DON'T COMPROMISE QUALITY**

Many reputable brands offer affordable incontinence care products that provide effective protection. You can find these products at your local medical supply store, drugstore, or online. Look for products with positive reviews that attest to their quality and affordability.

Using a quality pad or adult diaper can help maintain healthy skin, eliminate urine odor, and provide comfortable wear throughout the day and night. Consider using an underpad, also known as chux, or a plastic cover to protect mattresses and furniture. Some private insurance companies may cover the cost of these items, and you may also qualify for coverage through your state's Medicaid incontinence benefits.

### PLANNING FOR LONG-TERM COST SAVINGS

While cheaper box-store brand products may appear budget-friendly initially, it's important to recognize that higher-quality options can provide long-term savings. Opting for a cheaper product that fails to effectively manage incontinence can result in skin rashes, particularly if it doesn't keep the skin dry. Additionally, it may lead to increased leakage, odor, and more time spent changing sheets and linens. Cheaper products may also have shorter wear times, necessitating frequent changes. Consider calculating the costs over time to make a well-informed decision.

### FINDING THE RIGHT INCONTINENCE PRODUCTS

Selecting the right **special needs clothes** is a personal journey that requires consideration of your unique needs. By assessing your needs, exploring different product categories, focusing on size and adaptability, considering your lifestyle, and keeping budget considerations in mind, you can find clothes that provide comfort, confidence, and the freedom to enjoy life on your terms.

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# STAY CONNECTED



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