



How to Choose the Right Sanitary Napkins for Yourself

From **sanitary napkins** to menstrual cups, numerous menstrual products are brimming in the market today. Even in pads, there are endless choices for women to stay comfortable and protected from leakage and staining. You can take your pick from dry weave napkins, organic cotton pads and even [antibacterial sanitary pads](#) among many more. And you need to choose the ideal one to perfectly suit your flow and specific needs during this time.

While this seems so flattering, you cannot deny the confusion and indecisiveness that crops up due to it. Though it is indeed difficult to choose the right period pad for yourself, it isn't an impossible task. And what it requires is careful contemplation about a few important factors to choose the perfect pad for yourself.

With our guidance, you can surely do so.

So, here is what you must consider while choosing **sanitary napkins online**.

Material

When it comes to pads, the material matters a lot. It is because the pad stays in close contact with your skin and if the ingredients in it do not agree with you, they can lead to painful rashes. So, always check the ingredients and choose the one which suits you. While most napkin brands have latex in their pads, some **sanitary napkin brands** also offer latex-free pads for those who have latex allergies. There are also some brands that offer pads made with organic cotton. They are ideal for those individuals who have extra sensitive skin and cannot stand the plastic usually used in the pads. You can also choose pads free from dyes, bleach and artificial fragrance if that's the case.

Type

There are different types of **sanitary napkins** available in the market. The main difference lies in their usage. If you are using them in the daytime you can use regular napkins for leakage protection. However, if you want to use a pad while sleeping, it is advisable to invest in a special overnight period pad. They are specifically designed for greater absorption and longer

duration of protection, making them apt for nighttime use. You can use them for up to 12 hours to prevent leakage. They are also more efficient in preventing staining while you sleep as they have a more compatible design that averts period leakage when you are in a lying position.

Absorbance

You can find different [sanitary napkins online](#) to suit different levels of menstrual bleeding. For all those who have a medium level of period flow, you can go for regular pads which can provide optimum protection from staining. However, if you usually experience heavy bleeding then you must opt for heavy flow pads which are specially designed to absorb large amounts of fluid.

Though if you usually experience a light flow throughout or in the last couple of days of your period then you can use light flow pads. They have a lower absorbance capacity which is perfect to catch light bleeding and prevent staining.

Thickness

Gone are the days when sanitary pads used to be thick and bulky. Today, most **sanitary napkin brands** offer ultra-thin and therefore discreet pads which are neither bulky nor do they show from under fitted clothes. These pads though thin are fully capable of doing their job well of absorbing period blood and preventing its leakage. They can convert fluid into a solid gel and lock it inside the pad's layers to prevent it from escaping. However, you can still find cottony pads in the market which are a bit thicker but are much softer and gentler on the skin.

Special Features

Making use of new-age technologies, pads today come with many useful features to provide better protection and feel. For example, you can find pads with special dry-weave features that can lock moisture in their lower layers while the top layer keeps you completely dry. Or you can also opt for special **antibacterial sanitary napkins** which do an impressive job of fighting with bacteria that lurk in the old period blood and help to prevent infections caused by them. You can choose a pad with a special feature if it better suits your needs.

Conclusion

With the proper guidance and knowledge, you can make a healthy choice of picking the ideal [sanitary napkins](#) for yourself. It is extremely crucial to stay comfortable, dry and protected during your menstrual period. So, make use of the information shared here and make the right choice.