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What are Diapers for Senior Citizens and Why to Use Them

While the concept of adult diapers, disposable briefs and many other such incontinence products have been around in the West for decades, they have only come into being in India in recent years. **Diapers for senior citizens** are simple incontinence briefs that are made specifically for adults suffering from incontinence issues. Urinary and bowel incontinence are health concerns that people suffer from across the globe. While it usually occurs in old age, it isn't uncommon in younger individuals either. To manage it, **adult diaper pants** are used which allow you to stay dry, comfortable, active, and dignified at all times. If you also have a loved one at home suffering from incontinence or if you are someone who is struggling with this issue in your daily life, then this article is for you. We will discuss here the use and importance of adult diapers and learn about how to buy them too.

What is a **Diaper for Senior Citizens**

Adult diapers are special absorbent underwear that is designed to absorb urine and thus manage incontinence. These diapers are made using highly absorptive fabric that is laid in layers to form a potent core that can quickly and effectively soak urine. **Pant-style diapers** have elasticated leg holes and a waistband which provides you with a snug fit and prevents fluid leakage. Adult diapers can also absorb odour and neutralise it, thereby keeping you feeling fresh all day long. You can wear them for the whole day and night as well, provided you change them regularly, ideally for between 5-6 hours. For nightly use though, you can invest in. overnight diapers which are extra absorbent and therefore can provide you protection from leakage for 10-12 hours at a stretch.

Types of Adult Diapers

There are two main types of disposable incontinence briefs available for adults, viz. adult tape-style diapers and **adult pant-style diapers**. While tape-style diapers are primarily meant for individuals who are bedridden or require assistance in dressing, **pant-style diapers** can be used by anyone struggling with incontinence. These just. need to be pulled up like regular

briefs and hence also called pull-up diapers, while tape-style diapers have tabs on the front which need to be fixed at the front. Both of them are extremely soft, comfortable and very efficient in preventing leaks.

How to Buy **Diapers for Senior Citizens**

Choosing the right diaper for adults is very important. The first thing to do is to consider the type of diaper that you need, viz. tape-style, pant-style or overnight diapers. Once you determine this, you have to look for a good brand to avoid harmful ingredients that sometimes go in mediocre diapers and ensure comfort and efficiency factors in your diaper. Then you need to look for the right size for yourself. It is very crucial to pick a diaper with the perfect fit as it is not only vital to prevent leaks but also needed for your comfort. A loose diaper will cause leakage and fail its purpose besides causing urine pooling which can lead to rashes. Similarly, **adult diaper pants** that are too small or tight for you will cause discomfort and will again cause leaks as there will not be enough space for the fluid to go. Moreover, such diapers can also lead to rashes and infections as the gusset would lie too close to your skin.

Who Should Use **Diapers for Senior Citizens**

Anyone suffering from incontinence, whether urinary or bowel, can use adult diapers. As incontinence issues mainly arise in old age due to weakened muscles and bladder control, adult diapers are a great help for older individuals. They may either be unable to hold urine or may not be able to reach the restroom on time due to limited mobility or general debilitation. In addition to these, people who may have an enlarged prostate, weakened pelvic muscles, undergoing menopause or have any kind of bladder malfunction issues can also wear them. **Adult diaper pants** are also helpful to deal with incontinence which may occur due to pregnancy, surgery, any mental disability or disorder or for those suffering from neurogenic bladders. In general, adult diapers can help incontinent individuals in the following cases:

- Urinary or faecal incontinence
- Bedridden patients or those weakened due to prolonged illness
- Diabetes
- Pregnancy
- Surgery
- Enlarged Prostate
- Old age
- Mental disorders such as dementia

- Parkinson's disease
- Menopause
- Severe diarrhoea

Why Should You Use **Diapers for Senior Citizens**

The foremost reason why you or a loved one you are caring for must wear adult diapers is to prevent urine or faecal leakages. Diapers can effectively wick away fluid as soon as it comes in contact with its super-absorbent fabric. This ensures that the liquid doesn't leak out and you stay dry and comfortable throughout the time you are wearing them. Other than this there are many more reasons for choosing diapers and those are:

- **Pant-style diapers** are a hassle-free, convenient, mess-free and hygienic option for incontinence management.
- They are comfortable, available for both men and women and can be worn just like regular underwear.
- They take away the stress and social and mental anxiety that naturally tag along if you are incontinent and help you relax and stay comfortable.
- They prevent foul smell that is associated with wetness and urine too and help to keep you smelling and feeling fresh.
- Save you from embarrassing situations in public as they do not let urine leak out thus preventing humiliating episodes of bed wetting or soiling of clothes when you are out of your house.
- Adult diapers let you stay active as you do not have to worry about urine leakage. You can very well visit relatives, catch up with friends or travel and leave the job of taking care of incontinence to your diapers.
- They are especially useful when you are travelling as often you may not find proper facilities to relieve yourself in time and even when you do, they may not be clean or hygienic. This also saves you from contracting many infections which are common with the use of public toilets.
- They help to prevent bed sores and rashes in bedridden patients who are unable to turn or use the toilets.
- Adult diapers help you feel confident, secure and safe by providing trustworthy support and care to take care of your daily woe.

Conclusion

With so many benefits associated with the use of **diaper for senior citizens** and their ease of use, comfort and convenience, it is only sensible to take their help to manage your condition

now. They are a simple but effective means to safeguard your dignity and help you to lead a normal and active healthy lifestyle.