

bioteen[™]
Teen Health

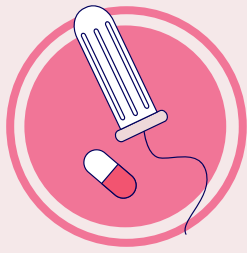


ESSENTIAL FACTS ABOUT PERIOD HYGIENE FOR TEENS

Our infographic offers caring guidance to ensure your period journey is comfortable and worry-free. Let's discover essential tips together. You've got this!

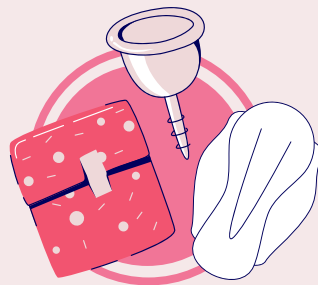
WELLNESS WEDNESDAY

**FLOURISH
& THRIVE**



STAY PREPARED

Sometimes, Aunt Flo arrives for her monthly visit unexpectedly, especially if you're not on the pill, have irregular periods or aren't in the habit of tracking your cycle. Although it's not a train smash, it can be awkward and uncomfortable even for the most confident person.



CARRY EXTRAS

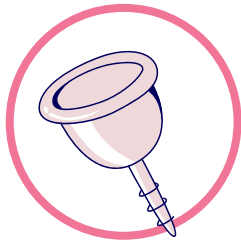
Always carry extra pads or tampons and a fresh pair of undies in your bag to stay prepared for unexpected periods.

PRO TIP: Depending on the app, it can even help you predict when certain symptoms are about to pop up, like cramps, PMS or period pimples.



TRACK YOUR CYCLE

Period tracking apps like Clue or Flo are your secret superpower here! Use them to predict when Aunt Flo is about to make an appearance, helping you stay prepared and informed. Your app will send you a friendly reminder when your period is about to begin!



HANDLING PADS, TAMPONS AND MENSTRUAL CUPS

Choosing products is a matter of personal preference. For example, some people hate tampons, while others swear by them! Try out different options and select them based on your flow and comfort. Always use the lightest absorbency possible – regular for lighter days and super for heavier days if necessary.



IMPORTANT NOTE ABOUT TAMPONS

Wearing tampons for too long can cause infection or Toxic Shock Syndrome (TSS) in severe cases due to the toxins from bacteria that build up inside the vagina. Some simple rules to follow are

- 1 Use a sanitary pad instead of a tampon when you sleep.
- 2 Be mindful when you insert a tampon - it can be easy to forget during a busy day!
- 3 Be gentle when inserting and removing tampons, and use a water-based lubricant to prevent abrasions if it's painful.
- 4 Always make sure the plastic is removed and the string is pulled out before inserting.
- 5 Do not wear tampons when you're not menstruating.
- 6 Use light pads or panty liners during the last few days of your period when your flow is light.
- 7 Once you're comfortable with tampons, consider working your way up to a menstrual cup. These are generally considered safer than tampons but can be trickier to get the hang of.



WASH HANDS

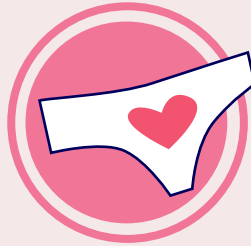
Always wash your hands before and after changing your pad, tampon or menstrual cup to prevent infection. Handle your product as little as possible and only unwrap it if you're going to use it immediately.

PREVENT LEAKS & ODOURS



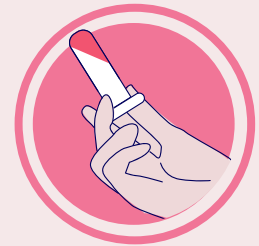
AVOID FRAGRANCES

Choose unscented pads and tampons to prevent irritation and allergies. Although you might like the idea of a fragrance to combat smells, this could backfire! Using intimate wipes for feminine hygiene throughout the day is a better bet.



CLOTHING CHOICES

Wear comfortable, breathable underwear and clothing during your period. Tight pants or underwear made of polyester, spandex or lace will retain heat and sweat, which can be uncomfortable and lead to unwanted odours or yeast infections. Cotton is best!



NIGHTTIME CARE

Use overnight pads for extra coverage and protection during sleep. Never sleep with a tampon in!

STAY FRESH

During our periods, our body's scent tends to change. If you're concerned about this, keep deodorant and/or wipes in your bag to stay fresh.

Always shower regularly to maintain personal hygiene during your period. Use warm water and a mild pH-balanced soap to clean your outer bits.

Never wash with soap inside your vagina – this can cause an overgrowth of unfriendly bacteria and unpleasant smells! So can anything with perfumes and alcohol. Remember, less is always more in this area!



PRO TIP: If you struggle with PMS, check out Pre-Menstra – Bioteen's natural treatment option for teens seeking relief from PMS symptoms like bloating, cramps, moodiness and discomfort!

EASE CRAMPS, MOOD & BLOATING



STAY HYDRATED

Drink plenty of water to ease cramps and bloating during your period.



HEALTHY DIET

Promote menstrual well-being with a balanced diet: fruits, leafy greens, whole grains. Skip caffeine, alcohol, carbs, and yes, sugar during this phase. Stay healthy!



SUPPLEMENT

The right supplements can provide mood support and hormonal balance and help combat pain and bloating.



EXERCISE COMFORTABLY

Engage in light exercises like yoga or walking to alleviate cramps and improve mood.

PRO TIP: Exercising more intensely before your period begins is also known to reduce cramps!



PAIN RELIEF

Soothe discomfort: hot water bottle on belly or back, pain relievers (adult supervised) if needed.

PRO TIP: Lying on your back with your legs up the wall or with the soles of your feet together and knees open (reclined butterfly yoga pose) is also a great way to relieve cramps!



KNOW WHEN TO SEEK HELP

If your period is extremely heavy, painful, or irregular, consult a healthcare professional.



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GET CURIOUS

The more you learn about your body and menstrual cycle, the better you'll understand what's happening and what works best for you.

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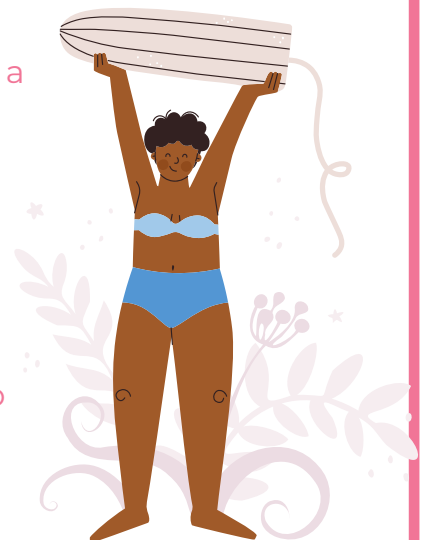
TALK OPENLY

Don't hesitate to discuss your period with a parent, trusted adult or friend for advice and support.

3

BE KIND TO YOURSELF

Understand that it's a natural process, so treat yourself like you would treat a best friend when it gets uncomfortable.



Remember, every person's experience is unique. It's important to find what works best for you in terms of products, routines, and self-care during your period.