

# lil-lets.

Designed by women for women



Please read and keep this leaflet as it contains important information.

Lil-Lets SmartFit™ tampons are made from viscose with a polyester/polyethylene cover and a cotton and/or polyester string.

Lite	000000	<6g	very light to light flow
Regular	000000	6-9g	light to medium flow
Super	000000	9-12g	medium to heavy flow
Super Plus	000000	12-15g	heavy flow
Super Plus Extra	000000	15-18g	very heavy flow
Ultra	000000	18-21g	extremely heavy flow

### Cardboard applicator usage instructions

1. Wash your hands. Unwrap the tampon. Hold the applicator at the grooved section of the outer tube with your thumb and middle finger. Ensure the removal string is hanging outside the inner tube. Do not pull the string. Find a comfy position, either sitting on the toilet or squatting with your knees apart. **Refer to image 1.**
2. Place the tip of the applicator at the vaginal opening. Gently ease the applicator into your vagina, aiming it towards the small of your back, until it's inserted as far as the ridges of the outer tube. **Refer to image 2.**
3. While still holding the outer tube, use your index finger to push the inner tube into the outer tube until the inner tube is completely inside the outer tube. **Refer to images 3 and 4.**
4. Gently withdraw the applicator from your body. The tampon should be positioned comfortably in your vagina, with the string hanging outside your body ready for when you want to remove it. Now wash your hands again. **Refer to image 5.**
5. To remove your tampon, relax and gently pull the string. If the tampon feels tightly held, leave it a bit longer to absorb but ensure it's changed at least every 4-8 hours. If the tampon still feels tightly held after this time, remove it and try using a lower absorbency tampon in the future. The used tampon and applicator should be wrapped securely and disposed of with household waste.

### TSS information

Toxic shock Syndrome (TSS) is a very rare but serious illness that can sometimes be fatal. It can occur in men and women of any age, with around half of all cases occurring in menstruating females. When recognised quickly, TSS can be treated successfully and most people make a full recovery.

### TSS symptom checklist and what to do

The symptoms of TSS can develop very quickly and may seem like flu to begin with. Symptoms include sudden high fever, usually over 39°C (102°F), vomiting, diarrhoea, sunburn-like rash, sore throat, muscle aches, dizziness or fainting.

If you experience any of these symptoms during your period, remove your tampon and seek medical attention immediately. Make sure you tell whoever treats you that you have your period and have been using tampons.

### Lowering the risk of TSS

The risk of TSS can be reduced by using the lowest absorbency tampon for your flow, changing your tampon every 4-8 hours or more often if necessary, and by switching to a pad or liner from time to time. If you choose to wear a tampon at night, make sure you insert a new one before you go to bed and again as soon as you wake up in the morning. Always wash your hands before and after inserting a tampon. Remove your used tampon before inserting a new one and don't forget to remove the last tampon at the end of your period. Seek medical advice if you cannot remove your tampon. Don't use a tampon if you don't have a period. Never use more than one tampon at the same time.



يحتوي هذا الدليل على معلومات هامة، يُرجى قراءة هذا الدليل بعناية والاحتفاظ به.

Lil-Lets سدادات Lil-Lets SmartFit

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