

PAD INSTRUCTIONS

We hope this sanitary pad works exactly when you need it! You can use a different number of inserts depending on your flow, wash with cold water and reuse! Soaking in salt works very well for any stains that just won't go away.

CUT THE PATTERN

Main



Inserts



1. You will have one Main pattern, one Insert pattern and one Lining pattern. The Main and the Insert are made of T-Shirt material. The Lining will be made of 2 layers of plastic and 2 layers of fabric.
2. You will be making 1 Main, 2 Linings and 3 Inserts. Trace, pin and cut out of the appropriate materials!
3. We will also need 2 string ties made of the T-Shirt material. Cut 2 strips, 0.7 cm, or 1/2 inch, wide and 7.5 cm, or 3 in, long. Pull them to make them thinner!

4. We will start with the inserts first.

Strings



SEW 2 LAYERS TOGETHER

5. Sew 2 Insert layers to each other at a time, sewing all around while leaving a small opening to be able to flip the Insert. You will reverse at the beginning and the end. The opening can be 0.7 cm, 1/2 inch, or 1 finger wide!

TURN INSIDE OUT

6. Turn the Insert inside out. Close the opening, making sure to reverse. Repeat the process for 2 more Inserts!

ATTACH PLASTIC BAG



7. Layer 2 plastic Lining layers on top of the 2 fabric Lining layers. Pin, mark and sew on the straight edge, 0.7 cm, or 1/4 inch, from the edge.

8. We prefer sewing with the plastic side facing down and the fabric facing up, it is easier this way!

9. Do the same for the other Lining, you should end up with two Lining pieces at the end.

TURN INSIDE OUT

10. Flip the Linings inside out, where the two layers of plastic are sandwiched between the two layers of T-Shirt. Pin!

11. Trim the edges where you sewed, only if you need to!

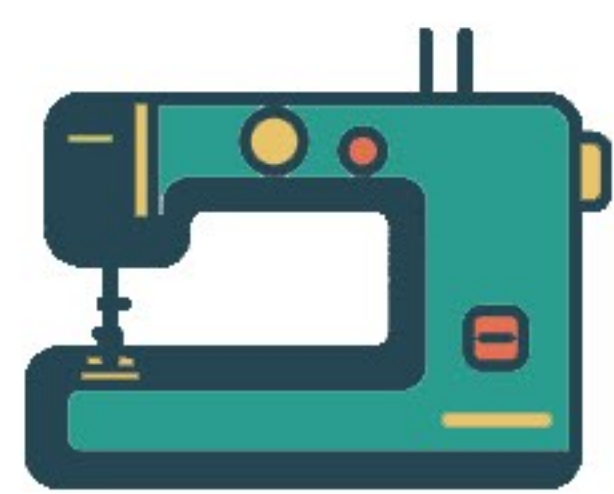
ATTACH TIES

12. Attach the two strings to the wings. To know where to place the strings, divide the wings in half and attach the strips on that fold.

13. Secure strings with a pin and sew a small stitch.

14. Place the Main on top of the overlapped Linings. The Linings together will form one Main. Leave the strings inside, facing the Linings. Pin these three layers together.

SEW PAD

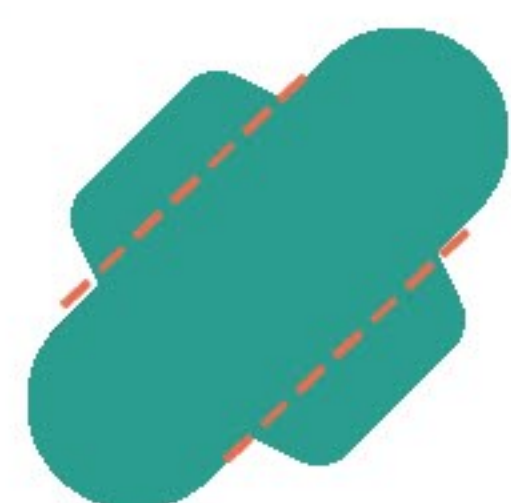


15. Sew all around. Start on one of the wings and follow the seams you already have. It's very important to follow the lines! We want the shape to correct.

16. Cut slits along the curves so the fabric moves easier, very small slits without cutting the stitch. This will allow the pad to turn easily.

17. Remove the pins from inside and turn the pad inside out.

SEW WINGS



18. Now, mark a straight line down the side of the wings. Mark the straight lines and sew.

19. We are done!