Finding the right size is extremely important, whether you’re using the product yourself, or caring for a loved one. Proper sizing can help to prevent leaks, skin irritation and improve overall comfort. Use the chart below to see the recommended size of product to use. Sizing is not a perfect science; sizes provided below are only recommendations.

If you have any questions about sizing or about Attends® Premier products, please call our Customer Care Team at 1.800.4.Attend (1.800.428.8363).
**In-Bed** (Steps 1, 2 & 6) • **Seated Application** (Steps 3, 4, 5 & 6)

1. While the individual is on the bed fully open brief. Fold in half lengthwise. Place between legs, with inner lining against skin.

2. Open and lift back of brief so top of wetness indicator aligns with coccyx. Pull front of brief up between legs, with pad snug against perineum. Smooth side panels across hips. Front/back of brief should be even at the waist. Gently move excess skin while positioning leg gathers in the natural crease of the groin.

3. If individual is seated, help them stand. Make sure they are stable.

4. Place brief on seat, so they will sit in brief center. Position soft side against skin.

5. Seat them on brief. Align top of the wetness indicator to coccyx.

6. Fasten tape tabs. Adjust panels for a comfortable, secure fit.