

What is tampon? How to use it right

So what is tampon, how to use it. Please follow the article below to find the answer.

Today, when it comes to 'red lights', women have given themselves many different choices instead of traditional sanitary pads. If in the past, you will be severely restricted or not allowed to swim, now everything is different, all problems will be solved by tampon. So what is tampon, how to use it. Please follow the article below to find the answer.

1. What is Tampon?



Tampon products are researched and invented by Dr. Earle Hass. This is considered the 'most modern sanitary napkin'. Tampon has a small round tube shape, produced from soft cotton or man-made fibers, or both combined and inserted into the vagina to absorb menstruation very well.

Tampon has many different sizes to suit all the needs of the ladies in the monthly day. A Tampon usually has a small external wire attached to assist in removal. Tampon is suitable for women who often exercise and wear bikini when going to the beach.

2. How to put tampon



The first thing to do is to wash your hands thoroughly, then open the tampon packaging, open the vagina's outer lips with your hand, hold and place your index finger at the end of the tampon (wired section). Then slowly push the tampon deep into the vagina. You should put the tampon in one leg position to sit on a chair or toilet.

3. Time to use tampon

As with traditional tampon lines, when using tampon, users should also pay attention to 4-6 hours of background replacement once or may be faster depending on the amount of menstrual blood to decide. Avoid using tampon overnight or at bedtime.

4. People who should not use tampon



Although tampon offers such benefits, there are certain drawbacks and contraindications to users.

As a virgin, you should not use tampon, because the size of a very small tampon can tear your hymen. In addition, some women have a small congenital hymen, so the placement of a tampon can also cause pain and tear the delicate membrane.

The next downside of the tampon is that it is more likely to cause gynecological inflammation than traditional sanitary pads. Because when you use tampon, you must be in direct contact with the vagina. When the tampon is in it for too long it will cause moisture, enabling bacteria to grow and cause inflammation.

Hopefully with the above information, you will have useful information for yourself.

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