



How to use and care for reusable breast pads

Obsidian Star breast pads are made by sewing 2 layers of bamboo fleece onto a layer of flannelette as the inside absorbent core. The Bamboo fleece core pieces are cut so that one is slightly smaller than the other, so that when sewn onto the flannelette layer, the increase in thickness is gradual. This core layer is placed between 2 outer layers and overlocked together. This means that at the edges of the breast pad there are only the 3 thin layers (outer fabrics and flannelette), while the thicker bamboo core is a little further into the breast pad, giving a gradual increase in thickness. This creates a more discreet "smoother" look under clothing and can allow it to conform to the breast better.

Sizing

Obsidian Star Breastpads come in 3 sizes. Small (approx 9 cm), Medium (approx 10cm) and Large (approx 12cm). The standard (most popular) size is the Medium. The size you will need will depend on both your breast size, and how large your nipples are. As a guide, the Small size would be suitable for an A/B cup, Medium size would be suitable for around a C/D cup. You should make sure you have enough coverage of the breast pad so that if the breastpad shifts a little in your bra, you still have enough covered to allow the breast pads to work efficiently.

Wearing

To wear the breastpads, place them into your bra to cover the nipple. How long you can go before changing breastpads will depend on how much leakage they are absorbing. Breastpads without waterproofing will leak through if they are not changed regularly. For hygiene reasons they should be changed frequently, even if they do not seem to need to be changed.

Which way up?

Most Obsidian Star breast pads are made with an organic cotton "top" or "inner" side that is designed to go against the skin, with a printed cotton outer. However most of the breast pads can be worn either side against the skin. Breast Pads with PUL can only be worn one way - with the PUL facing out (not touching your skin). Breast Pads with minky are designed to be worn with the minky side touching your skin, as this fabric can help wick moisture away from the skin, but could be worn the other way if desired.

Washing

When you change breastpads, you can rinse them out straight away or just leave them to dry. You can then put them straight in the washing machine/basket for the next load of washing you do. The breastpads can be handwashed or machine washed, on hot, cold or warm setting. You should not use fabric softeners or dryer sheets on breastpads, as this can cause them to repel liquid. Vinegar and baking soda are both natural softeners, so you can add about 1/4c of one of these to the washing machine load if you require additional softness. Bleach and other sanitising/stain removing compounds are not recommended as they can deteriorate and fade the fabric over time. Tumble drying pads is not recommended for breastpads containing synthetic fibres (eg minky or PUL)

Other Information

Fabrics may fade or stain with use and will wear out over time. Wear on each breastpad is reduced the more you own. Careful usage & washing will help to reduce fading, staining and wear.