

## Ask Always

### **What's the difference between day and night sanitary towels?**

Always Maxi Night sanitary towels were especially designed for overnight protection and offer more coverage, no matter how much you toss and turn, whereas Always Maxi Long and Normal sanitary towels were designed for optimal daytime protection.

### **Which Maxi sanitary towel should I use for my flow?**

If you have a light to moderate flow you may use Always Maxi Normal sanitary towels, with or without wings. If you have moderate to heavy flow you may use Always Maxi Long sanitary towels with or without wings for greater coverage. If you have very heavy flow you may also use Always Maxi Night sanitary towels for even more coverage and protection during the day.

### **What sizes do Always Maxi sanitary towels come in?**

Always Maxi sanitary towels come in three different sizes: normal, long, and night. Keep in mind that the longer the sanitary towel the better the coverage and protection.

### **How often should I change my Always Maxi sanitary towel?**

The frequency which you change your sanitary towel depends on your particular flow. The heavier your flow the more often you should change your sanitary towel to reduce the risk of leaking. The lighter your flow the less often you may need to change your sanitary towel. It is recommended to change your sanitary towel every four to eight hours.

### **How do I avoid leaks?**

Choose a larger size for better coverage and sanitary towels with wings for a better fit to your panties and make sure to change the sanitary towel frequently.

### **What about days that I don't have my period?**

To keep a fresh feeling all day, no matter what's happening, especially if you have vaginal discharge, consider using Always Dailies Panty Liners.