

When skin-friendly is not an option..

Vibeke has an allergy towards an unfortunate line of products. Sanitary products. We asked her to tell about her experience and the hardship it brings along.

When did you get your first allergic reaction?

My first one was several years ago. I had to have a small surgery and had an allergic reaction to the narcosis. It is not an allergy that bothers me often, but I have to make sure I do not receive that kind of anaesthesia since it can be fatal.

Otherwise I am not entirely sure if I have had an allergy per se or a severe skin irritation. Nevertheless I cannot tolerate regular sanitary pads or tampons and I also get very itchy if I wear new nylons. My skin also become red and stingy if it is in contact with grass.

I never had any issues with regular pads and tampons, but after I gave birth to my first child I started to get skin irritation. My skin flushes and it stings

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terribly. Regular tampons felt like they dried out everything and the stinging were severe. A nurse recommended that I buy organic and skin-friendly pads with fewer additives at pharmacies and organic stores. That helped and that was how I learned that there simply is a difference and that regular sanitary products can have something added to them, which does not work for me at all.

Do you know what substances you are allergic to?

No, I have not done a test, so I do not exactly know – but I do know it is in the common pads and tampons.

What kind of challenges does it cause you?

If I want to go for a run or swim when on vacation and regular tampons is the only thing around.

Every time I am on holiday, not just overseas but also just in our summerhouse in Denmark, I always have to make sure I bring the skin-friendly pads from home. That is quite troublesome.

There have been instances where I have felt hysterical and incredibly agitated because of the stinging and itching. Several times I have had to use toilet paper instead of a pad, because I could not stand the stinging.



Vibeke wishes to be anonymous.

Is there anything you would like to share with others, who could be in the same situation?

I think there is more than you expect, who has reactions to pads and panty liners like me. It was not until the nurse told me to buy pads without chlorine and other irritating substances, that I found out the irritation was not necessarily from pads in general but the additives in them. It is actually really scary that there is additives in sanitary products, which can cause stinging and severe reactions, like mine.

I do not understand how they dare to add chlorine or perfume in pads and tampons. So it is important to know that there are skin-friendly alternatives so no one has to live with a skin reaction all the time.

As a general advice is that it is a good idea and necessary in my experience to look into, what is in the products you use.