

SADDLE SORES

HYGIENE



Good levels of hygiene will:

- help prevent & manage saddle sores (1, 2)
- help prevent & manage infected saddle sores (1, 2), thus limiting time spent off the bike
- help avoid the development of a chronic, long-term injury (2)
- keep fabrics & padding in good condition (4)

SELF (2)

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| <ul style="list-style-type: none"> • Shower promptly • Wash well with body scrub or exfoliant | <ul style="list-style-type: none"> • Don't hang around in wet, sweaty kit |
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KIT (4)

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| <ul style="list-style-type: none"> • Wash kit promptly after every wear to prevent sweat & bacteria build-up • Choose a 'delicate' or 'sport' wash cycle • Avoid washing with regular clothing items • If unable to wash promptly then hang to air-dry • Avoid leaving used kit in a bag or wash basket as residual bacteria will damage the fibers & will get deep within the pad • Replace old gear as the fabric is more likely to gather & padding may be worn | <ul style="list-style-type: none"> • To maintain the foam density in the pads and the elasticity of the technical fabrics: <ul style="list-style-type: none"> ◦ choose 30°C wash temperatures ◦ use neutral, non-aggressive detergents ◦ avoid fabric softeners and fragranced detergents • Always drip-dry on a clothes line or clothes horse after a wash • Avoid radiators, dryers & ironing as intense heat will damage the pad & fabric |
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