

All Things Diapers

This might seem like a waste of time to author this article because you would think a fetish concerning diapers, everything would be straight forward, but in my twenty years in the ABDL community this is something I get asked questions about the most. There are a wide variety of diaper options, there are numerous ways to prepare them, and there are also several tips and tricks that many AB/DLs like to implement so this article is going to go over the basics of everything.

I want to be clear; this is not going to be a review or an endorsement of any products or a particular diapering method. I merely intend to mention options, techniques, and products that some may not know exist. What works for some will not work for others. Some products may fit in an appealing way for a particular body type. It is possible that some AB/DLs are attracted to the materials the diaper is constructed. Given the diverse options and the various things that could be appealing to the wearer I am not going to cover specific brands.

I will say that my advice when trying out a new diaper is to get samples of a particular diaper you wish to try so you are not spending the money on a whole pack. Many companies offer a two-diaper sample pack. Another thing you can do if you attend AB/DL events or meet diaper friends is have a swap meet of sorts where you trade one or two diapers of assorted brands with each other to help experience different options and find something you like.

Diaper Types

Starting with the extreme basics there are two basic categories Cloth and



Cloth Diaper Options

Disposables. There are sub-categories that exist for both... for instance, cloth can be a terry cloth diaper that is pinned, snap covers that have cloth inserts, hook and loop, or the Japanese folded cloth with an outer cover that ties. Disposables could be considered even more diverse with products like pull-ups, plastic back, cloth back, medical, and even AB/DL targeted products.

All the diaper varieties and options exist to fit the needs or desires of the consumers. There are pros and cons to all... Cloth is expensive up front and labor intensive for clean-up but pays for itself in the long run and disposables can be cheap in the short term and is easy for clean-up, but very expensive in the long term, but this article isn't going to be focused on helping you pick one over the other. Just a broad overview of options.

Diaper Changes

Before you can wear a diaper, you must start at the beginning of putting one on and there are a few ways and products that can assist in that endeavor. I am not going to get into the age-old argument of which tapes you should do first or last... that is all personal preference. Using products like baby powder, lotion, oil, barrier creams or diaper rash ointments are all common. Again, like diapers it is highly recommended to test things out to see what works for you. Purchasing travel sized changing supplies is ideal when starting out and they are also perfect for a diaper bag when traveling if you decide to keep them and you can just buy larger versions for your home or nursery. A warning though: Be cautious when trying a new product as you do not want to have a bad reaction to a product in your intimate areas.



Diaper Changing Supplies

Products like baby powder and lotion not only offer protection from diaper rash, but also the act of applying them can be a powerful mood enhancer as not only the



Baby Powder Poof

sense of feel but smell as well. I personally like the smell of baby powder so much that I always have a scented candle in my nursery with the scent of baby powder. My recommendation when starting out is to use baby lotion rubbed into the diaper area and then add a light dusting to the inside of the diaper with powder. I personally also use a “baby powder poof” to directly apply powder to myself and I swear by using one.

Diaper Tips and Tricks

There are many tips and tricks that AB/DLs learn from others or from experimenting along the way. For example, when changing in public bathroom stalls some diaper wearers will implement what I like to call the “Stall wall” changing technique. What this entails is placing the back of you soon to be fresh diaper against the stall wall and then hold that in place with your back side. This will help free up your hands to pull up the front and help adjust the tapes easier.



AB/DL Diaper Changing Pads

Using products like changing mats is great and not only adds an additional layer to the diaper change experience but also serves a practical purpose. Many AB/DL companies like Rearz or Little Kink Boutique offer reusable changing mats. Medical companies also offer disposable ones as well. If diaper use and public changes are something that you will be involved in, I also recommend discreet disposal bags. These are small odor eliminating trash bags that are just for disposing of diapers in public. For advice on your daily carry diaper bags please see my

other articles concerning diaper bags.

Manual Fluffing

Diapers fresh out of the pack are stiff and the absorbency material is tightly packed or woven. This is perfect for shipping and packaging, but for most diaper wearers it is less than ideal. Diapers should be thick and poofy and when breaking that material up will also help to make the diaper more comfortable. To accomplish the sought after poof you need to “fluff” the diaper.

The act of fluffing a diaper is an amazingly simple one. You completely fold the diaper out then take hold of the diaper with each hand on either side of the leg guards and then your gently shake the diaper back and forth flexing the material and working your way from the back all the way up to the front of the diaper. This will break up the material and help provide the ideal poof.

Dryer Air Fluffing

The Dryer Air Fluffing method is the easier method to fluffing a diaper and you can in fact fluff several diapers at once, but you need to have access to a dryer machine to use this method. This is something many people do, just make sure you have zero heat on the settings, and you set the dryer to “Fluff.” The general recommended time to do this is between 5-10 minutes. I do recommend only doing this with one diaper to start just to make sure the results are something you want, and the machine can manage it safely.



Comparison of Fluffed Diapers/Boosters and non-fluffed

Boosters

A great option for heavy wetter or individuals that enjoy the “Thickness factor” of their diapers, boosters also sometimes called doublers, are an additional absorbency pad that often has adhesive on one side that is inserted into a diaper during a change between the leg guards. Unlike the technique of “doubling up,” which we will cover shortly, boosters are designed to leak through uniformly so that they make a diaper more absorbent, but they cannot be used as a standalone diaper pad. They are much cheaper than the doubling method and can often be stacked on top of each other to add additional desired thickness. When the wearer uses the diaper, the liquid will soak through one at a time eventually soaking the diaper as well as the absorbency limits are reached.

For clarification, a diaper pad or sometimes called an incontinence pad may have the appearance of a booster but is something completely different. A diaper pad is designed to go inside the underwear and catch minor leaks but is not designed to leak through so if you are interested in investing in boosters or doublers be sure to get the correct product.

Doubling Up

Another thickness option that some diaper users will implement is the doubling up method. There are several ways to double up so I will just describe the most common and effective ways if you are interested in trying this technique. Essentially doubling up is just layering one diaper on top of another for added thickness. If diaper use is intended, you need to cut the outer layer of the inner diaper or poke lots of holes so that the wettings can flow through into the next diaper. I personally recommend using a sewing tracing wheel to poke hundreds, if not thousands of holes quickly and effectively. You need to be cautious if you use something like a knife because too much damage to the outer cover of the inner diaper could result in the absorbency material falling apart in the outer diaper.



Sewing Tracing Wheel

Doubling up can be an expensive option in comparison to something like boosters since most AB/DL or medical diapers can cost \$3-\$4 dollars each. To offset the cost some diaper wearers will purchase actual baby diapers to use as an interior insert. Another technique that is common with doubling up, especially for those individuals seeking to post photos of themselves in extra thick diapers but remove the overlap appearance of the tapes is to use a pair of scissors to remove the front and back wings of the diaper and then add the wingless diaper into a proper diaper and tape that up.

As mentioned at the start of this article there are many cloth-based options in the AB/DL world and another doubling option is to wear a disposable AB/DL or medical diaper and then wear a cloth diaper over top of that for the additional thickness. This plays to the strengths of keeping costs down, adding the desired thickness, but minimizing the clean-up.

Diaper Covers/Plastic Pants



Diaper Covers

A product I personally recommend to those diaper wearers that will venture into public, are heavy diaper users, incontinent, or have a high tendency of leaking, plastic pants are a great solution. There are several types of these products, and not all are designed to help prevent leaks, so it is important to check the product before purchasing. Products like Gary wear, old school rubber or latex pants, and plastic pants are all great options for leak protection. The covers will often feature an elastic leg and waist guard and are made of a waterproof

material.

Lastly there is a diaper cover option that is commonly not designed for leak protection but rather offers a BDSM aspect to wearing diapers and that is a “Locking diaper cover” there are various versions of these. Some are simply a pair of plastic pants with a chain sewn into the waist that can be secured with a simple padlock, while others can be far more restrictive and secure like the pair from the Straitjacket shop that utilizes the Segufix magnetic lock system that requires a special key to remove.



Straitjacket Shop Locking Diaper Cover

I hope you found this article helpful. Is there anything else you would like to know? Shoot me a message with your questions at babyleprechauncreations@gmail.com

Happy Padded Life to All – J.p.