



Article Side

Exclusively for Men: How to Maintain Your Personal Hygiene when Wearing Underwear by [Kyle](#)

Article published on April 8th 2012 | [Clothing](#)

Maintaining sound personal hygiene is a practice that everyone should strive to accomplish in order to lead a healthier lifestyle. And it is true that your underwear wearing and cleaning habits are an indication of your personal hygiene. This is why it is crucial to ensure that you undergo the following practices in an attempt to eliminate major health risks and diseases.

First and foremost, it is absolutely essential to get rid off underwear that is torn, worn out, or even has a tiny hole. This is due to the fact that small holes can allow bacteria to enter your genital area, which is something that should be avoided at all costs. Underwear should always be clean, fresh and free of wear and tear. This way, it will provide the ultimate safety and protection for your body, and will prevent any bacterial infections from taking over.

Secondly, in general, men should own at least ten pairs of boxers, briefs, or any type of underwear. This is crucial in order to allow for a pair to be worn during every day of the week, in addition to a couple more to be worn in case of an emergency situation. On the other hand, active sportsmen should own a couple more, preferably the sporty type of underwear, since they workout and sweat more, and thereby require a higher turnover of underwear garments.

Thirdly, it is absolutely paramount to wash your underwear after every single wear. Unfortunately, many men tend to wear their underwear a couple of days in a row, which can seriously hinder their hygiene and health. Consequently, dirt and germs tend to grow on the underwear, which can result in major bacterial infections and diseases. This is exactly why your underwear should be washed after every single day of use. This way, you will wear clean and fresh underwear everyday.

In general, men are known to be far less aware and careful about their cleaning habits, and especially when it comes to their underwear cleaning habits. For instance, they do not change their underwear every single day. As a result, this makes them far more vulnerable toward bacterial infections and skin rashes.

Furthermore, since men tend to perspire and sweat far more than women, they should shower at least once a day in order to get rid of germs. Also, sweat and urine that piles up in men's underwear is extremely non-hygienic and unhealthy, and can create a horrible smell. More importantly, the underwear can actually perish and decay as a result of not cleaning it after every day's wear.

Finally, it is advisable for men to wear cotton underwear. This is due to the fact that cotton underwear is far easier to clean, and is far more comfortable to wear. In other words, it tends to be more pleasant for the skin, and can heavily reduce symptoms pertaining to bacterial infection and body odor issues. All in all, as one would expect, adopting a regular underwear cleaning and maintenance regimen is crucial in ensuring a healthier lifestyle, which will be a natural result of good personal hygiene.

Article Source:

<http://www.articleside.com/clothing-articles/exclusively-for-men-how-to-maintain-your-personal-hygiene-when-wearing-underwear.htm> - [Article Side](#)

[Kyle](#) - About Author:

Personal hygiene is really important when it comes to a [underwear](#) and a metrosexual man these days will certainly attest to that. Do you know that most metrosexual men prefer a [Calvin Klein underwear](#)?

Article Keywords:

boxer shorts, underwear, Bjorn Borg, Schiesser

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!