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We tried it: Knock Out! leak-proof panties

Joyce Slaton

posted: March 2, 2015, 2:22 pm

in: [Pregnant, You and Your Family, Previews & Reviews, Products & Prizes](#)

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Like many women, my not-terrible-but-annoying pee problems started happening when I was pregnant. One minute I'd be fine, the next, if I coughed, sneezed, laughed or moved the wrong way, I'd squirt a little pee.

What on earth? Okay, must be some weird pregnancy thing. It'll go away when I have the baby.

Except it didn't. What I soon learned was called "stress incontinence" got even worse. If I really have to go and I get near the bathroom, I have to stand beside it, clenching and repeating (in my mind, I don't want to sound like a lunatic to the person in the next stall over) "Don't pee, don't pee, don't pee." It works — usually.

If my clench-and-pray system goes awry at home, I can just change my underwear. But if I'm out or at work, it's either a fun choice between cleaning up as best I can yet feeling damp, self-conscious and gross, or finding a way to secretly throw out my undies (and then feeling damp, self-conscious, gross and like I'm about to inadvertently flash my co-workers).

So when Knock Out! Smart Panties wrote to us to see if we'd like to try their leak-resistant panties, I gave them a shot. I was sent a [lacy brief](#) and a [regular brief](#), both black, which I found reassuring, because with my fun carnival of irregular perimenopausal periods, every pair of panties becomes period panties, whether you want them to or not.

Out of the package, the panties were super-soft and stretchy. Since my posterior is outsized — I wear a women's 3X — I expected the panties to be tight or binding around the legs, maybe to ride down in the back and expose a little crack. Nope. They fit beautifully, no gaps, no crack, no sag, no pulling.

The lace on the lacy briefs was soft and comfortable, not scratchy. The business area, a sewn-in panty liner that's constructed of layers of wicking, absorbent and odor-absorbing fabric, is white and textured like a terry cloth kitchen towel. They didn't look like a regular knit crotch, but they didn't look weird, either. No one who saw you wearing these panties would know they were different than any other pair.



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Hot Topic

Amazon under pressure to validate dads

Erin Lane

March 4, 2015
5:37 pm
4 comments



I'm going to bet that 90% of you (probably more) have shopped on Amazon, the Internet mecca of shopping sites. Are any of you part of the Amazon Mom discount program? Have you ever given any thought to the name? Back in 2012, dad blogger, Chris Routly, wrote a blog post lamenting the name of... [Read more »](#)

Once they were on, I was able to forget about them. My stress incontinence is not an every day problem, so I'd actually worn and washed the panties a few times before they got the chance to swing into action. Would they still work properly after being washed? I was about to find out.

An afternoon came when I'd had 2 cups of tea and a fizzy water, and had gotten all immersed in a project and thus didn't get to the bathroom as soon as I should have. I realized my desperate need, got stiffly to the bathroom, stood in the stall doing my "don't pee" mantra...and wound up testing the panties' function.

Knock-Out's FAQ says that the undies' proprietary party liner can absorb up to 3/4 of a teaspoon of liquid. It doesn't sound like a lot. But it was enough. I didn't feel damp, I didn't feel gross, and I was able to go on with my work day, worry-free.

What a nice change! I haven't needed to use the panties' special function since, but it makes me feel so much more confident to think that if I did, it would be okay.

It's worth noting that Knock-Out's liner is also made to absorb odors. Knock-Out's website even claims it can handle yeast-infection-level smell. Lucky for me, I didn't need to test that aspect of the panties at this time, but there have been days I would have appreciated it.

Knock-Out sent us the first 2 pairs free, but I'm going to order a bunch more on my own. They are \$24-\$34 a shot, ouch. Still, I'm bugged so much by my embarrassing personal problem (that I'm writing about for everyone to see) that they're worth it.



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3 Responses to We tried it: Knock Out! leak-proof panties

- Angie** says:
March 2, 2015 at 10:42 pm

Thankyou!!!! I want some!
- robin** says:
March 3, 2015 at 3:27 pm

Thanks for yet another honest and helpful product review! Do they make them for workouts? That's when I'd need them—I can't always safely cough or sneeze when exercising.
- Joyce Slaton** says:
March 4, 2015 at 8:01 am

Robin, I'm sure that they would work beautifully for workouts. Thank you for your kind words.



Joyce Slaton
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Joyce Slaton writes, sews, cooks and lives in San Francisco with a husband and one fiery grade school daughter, Violet. She...

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Joyce Slaton

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Joyce Slaton

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Sara McGinnis