INSTRUCTIONS: Please Read carefully before using your ProGuard Custom Pro-Musician Earplugs

1. Before fitting any custom fit ProGuard products, make sure your hands are clean.

2. Reach around your head and pull up and back on your outer ear. This straightens out the ear canal, making way for a perfect fit when the earplug is inserted. *Please Note*: The orientation of your ear canal will be backwards and upwards.

3. The left earplug is clearly marked in Blue and right side in Red, please take care to ensure they are only fitted in the correct ear.

4. Hold the end of the ear plug and insert it into your ear canal until you feel it fit snugly into the contours of your ears, the earplug is tapered and the narrow end fits into your ear first. If required put a small amount of earmould gel on the tip of the earplug but please be aware not to block the acoustic filter outlet (if you have one).

5. Test the fit. In a noisy environment, and with ear plugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your ear plugs are probably not fitted properly. Remove them and refit following these same instructions.

6. Always remove your ProGuards slowly. Break the seal with the ear canal gently by twisting slightly. If they are removed too quickly, there is a small possibility you could damage your ear drum.

Please Note: Your ProGuards should be cleaned often in warm mild soapy water and dried thoroughly before use.

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