

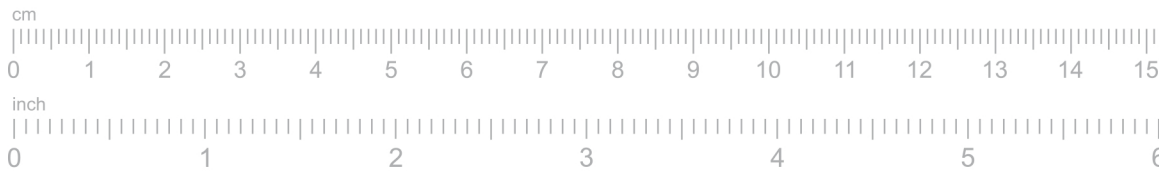
**Printing instructions**

**1 Print the sizing guide**

- Print on U.S. Letter- or A4-sized paper.
- Ensure you select "Actual size" and not "Fit" in the printer settings.
- For best results, print in color.

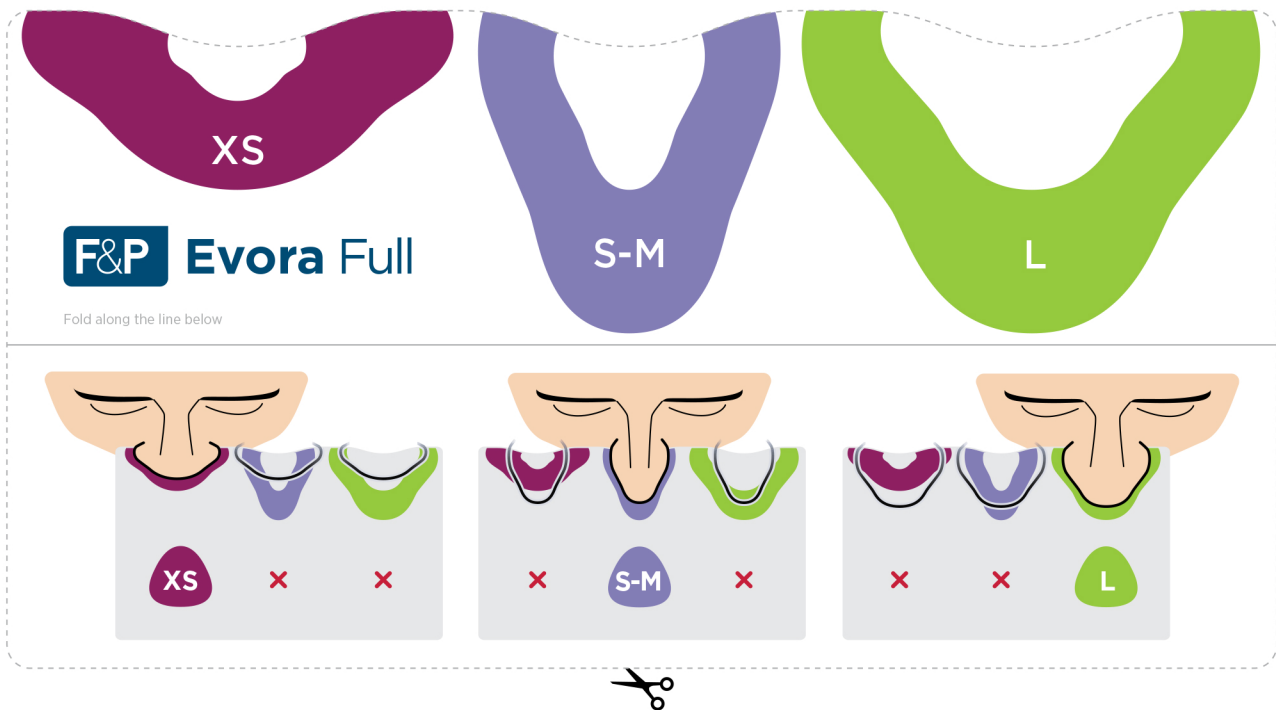
**2 Measure your printout**

- Place your ruler on the scale below and ensure they measure the same.



**Sizing guide instructions**

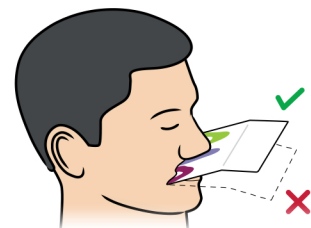
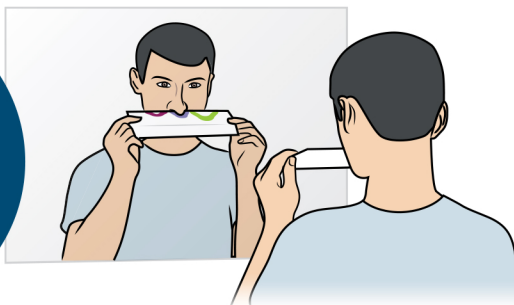
**1 Carefully cut along the dotted lines.**



**2 Hold the guide so that it presses against the underside of your nose.**

**TIP**

Use a mirror or ask someone at home to assist you with sizing.



**3 Choose the size that best fits your nose.**