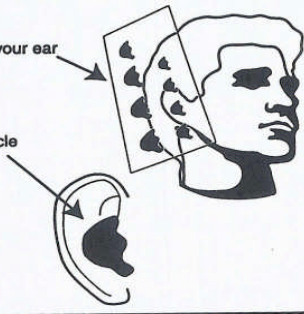




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www.seatasea.com

SIZING INSTRUCTIONS FOR DOC'S PROPLUGS®

- Look in the mirror
- Place this plastic strip against your ear
- Hold various sizes over your auricle
- Buy the Proplug size that **completely** covers your auricle
- Confirm size with the "hum" test. See Fitting Set



TINY



X SMALL



MEDIUM SMALL



SMALL



MEDIUM



LARGE



X LARGE



XX LARGE



INSTRUCTION SHEET

PREFORMED PROTECTIVE EARPLUG

DOC'S PROPLUG® may aid in the prevention of surfer's and swimmer's ear and other ear problems associated with excessive exposure to water. Consult your physician for use with ruptured eardrum or tympanostomy tubes.

FIG. A



HOW DOC'S PROPLUG WORKS:

A slightly oversized PROPLUG is selected to fit snugly between the Fig. A (1) tragus and the (2) antehelix. With its built-in memory, the PROPLUG will be expanding toward its original size, constantly providing a seal against the skin of the (3) auricle and the canal opening. The ear is pulled into various shapes by changes in posture, chewing, yawning and action of muscles of the face and neck. The flexibility and memory of the PROPLUG allow it to follow changing shapes while maintaining a seal.

FIG. B



INSERTION OF THE PROPLUG

Insertion of DOC'S PROPLUG: instructions are worded for insertion of right PROPLUG. Use a mirror at first.

- For leashed PROPLUG, place the necklace over the head with leash lines coming from behind the neck.
- (Fig. B) Grasp the PROPLUG with the right thumb and index finger with the thumb in the cup and the index finger in front of the leading edge.

3. With the left hand going behind the head, grasp the middle edge of the outer ear and pull back and away from the head. This maneuver opens up the (3) auricle and makes it easier to insert the PROPLUG.

4. Insert PROPLUG securely in the auricle, so that the arrow shape portion fits upward into the (4) crus helix of the outer ear. Use left hand for counter traction on the outer ear and right index finger to seat PROPLUG in the auricle.

REMOVAL OF PROPLUGS

- Grasp (5) corner with the index finger and thumb and gently pull PROPLUG from ear.
- Cleanse PROPLUG with cotton and alcohol.

Warning: Do not use solid PROPLUG for scuba with intact eardrum. Consult with physician. Keep away from infants — earplugs may interfere with breathing if caught in windpipe.

STORAGE OF PROPLUGS

Wrapping necklace and leashes around a card helps prevent the Spandex® elastic lines from tangling. Store out of sun.

Tip: to remove water drop on outside of vent while in use, compress canal with fingertip on (1) tragus.

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KEEPS WATER OUT — LETS SOUND IN!