ABOUT YOUR EARPLUGS



INSERTING YOUR EAR PLUGS:

The ear plugs are marked with a small dot: red (right) and blue (left).
 If your plugs are red or blue the dots will be white (right) and green (left).









- Grab the plug on the thicker side with the dot (blue or red) facing down and away from your face.
- Slide the thinner side in and twist the plug back and forth till it fits comfortably in the ear.
- If you're having difficulty inserting the plug, try placing some of the cream provided on the bend of the plug.

REMOVING YOUR EAR PLUGS:

- Push the plug upwards and outwards with your thumb to get a better grip. Slowly twist the plug back and forth while gently pulling it out of your ear.
- Your plugs come with two small solid plugs. You can put these plugs
 in after removing the filter. Removing the filter can be tricky so read
 more in the pamphlet provided on how to properly do this without
 affecting the quality of the filter.

EAR PLUG MAINTENANCE:

- Use a damp cloth to clean the ear plug. Allow it to dry before placing it in your ear.
- Return the earplugs to the carrying case when not in use.

