

Chin-Up Strip Application

Chin-Up Strips are made with hypoallergenic adhesive

Before applying the Strip, wash your face with soap and water. Rub a small dab of Vaseline petroleum jelly on the cheeks where the cheek tabs will be located. Rub Vaseline into the skin until the skin is no longer slippery. Apply strip as indicated below.

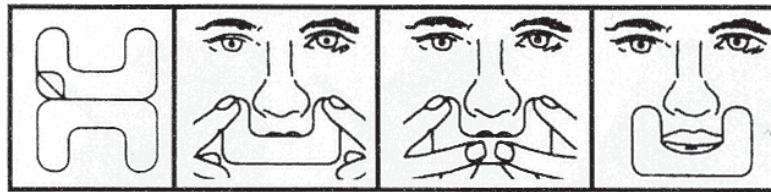


Figure A

Figure B

Figure C

Figure D

- 1 Remove from liner by pulling up from the centre of the liner. (Figure A)
- 2 Apply the cheek tabs alongside the nose with the top of the chin section even with the top lip. (Figure B)
- 3 With the index fingers, press on the cheek tabs so they hold their position. (Figure B)
- 4 Next, with the middle fingers and thumbs, pull chin section below bottom lip to secure position for sleeping. When pulling down, the strip should gently stretch. The tension created by the stretch will hold the bottom lip and the chin up. (Figure C)
- 5 When application is complete, gently press on the strip to secure all areas. (Figure D)

Removal:

Remove slowly to prevent skin irritation.

If necessary, apply warm, wet washcloth to the strip for about 20 seconds before removing.

In the event skin becomes irritated, discontinue use or use on alternate nights until the skin conditions itself to handle daily usage.

Cautions:

If nasal breathing is difficult or obstructed, do not use this product.

- Do not use over sores, sunburned, or irritated skin
- Not to be used on children under 7 years of age unless recommended by a physician.

Note: Do not use this product if you have any allergy associated with the use of adhesives used on adhesive medical tapes.