

**You will need:** A printer, scissors and a ruler.

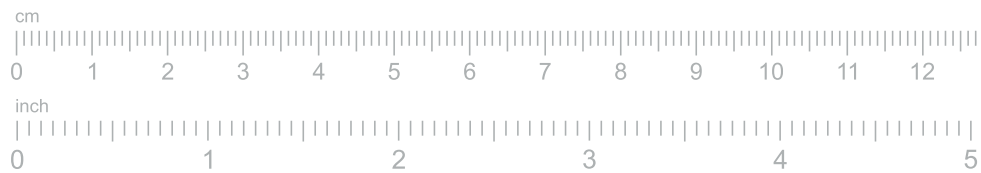
**Printing instructions**

**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.

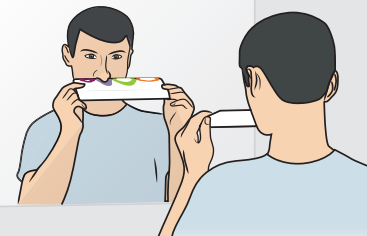
**2 Measure your printout**

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

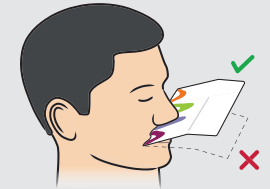


**TIP**

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



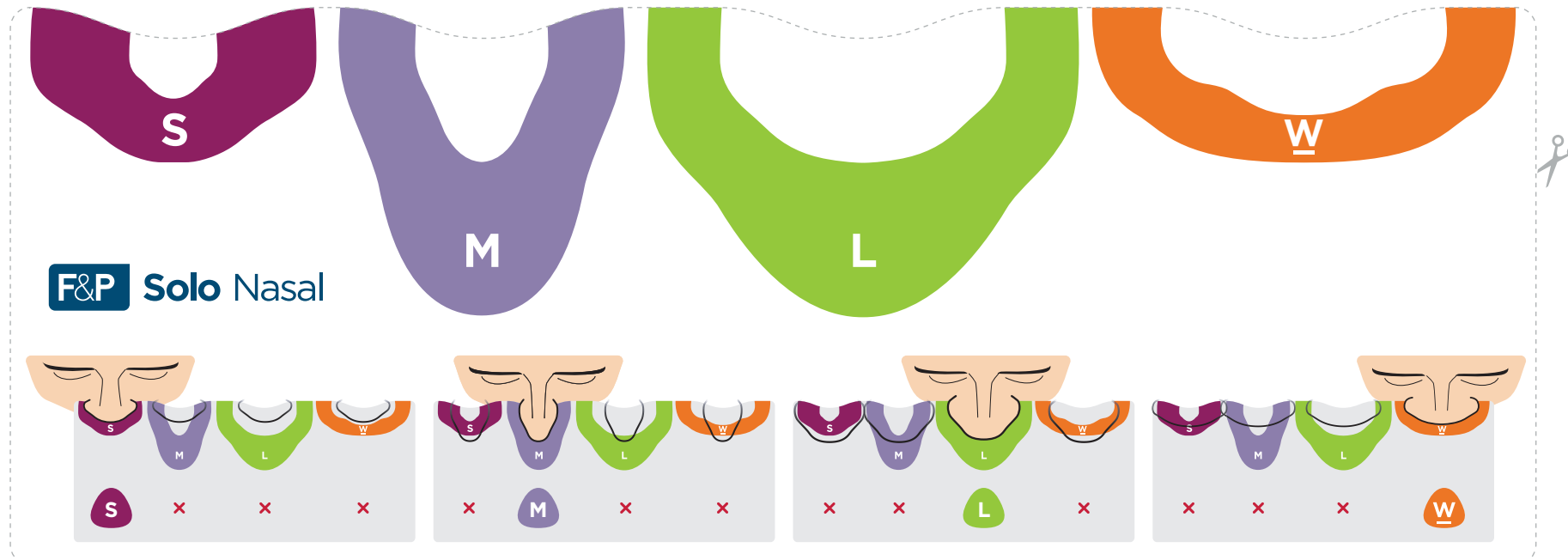
Hold the guide so that it presses against the underside of your nose.



Choose the size that best fits your nose.

**Sizing guide instructions**

Carefully cut along the dotted lines.



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