

# Surfplugs fitting instructions

1. Your Surfplugs can be identified as left and right by placing them in front of you as shown. The red plug in the photograph is the right plug and the blue is the left. The plugs are also marked with an L and an R for identification (cord not shown).



2. Pinch the back of the Surfplug between thumb and forefinger and position the plug as shown. Ensure that the narrow point at top of the plug is facing forwards towards your nose.



3. Ease the narrow top of the mould into the crease at the top of your ear. Ensure that this fits under the fold of the ear. Ease the remainder of the mould into the ear canal. Attempt to push the mould flat against the head rather than push it down



4. The plug should be fitting flat within the ear and no parts of the Surfplug should be protruding. This can be checked by running your fingers across the mould to ensure that it is fitting correctly. Bring the cord around the back of the neck and fit the second plug in exactly the same way.



5. **INCORRECT FITTING** – The Surfplug is not fitted correctly; it may feel as if it's in the ear but it is not locked into position. Remove the plug and ensure that the top narrow section is fitted under the crease of skin at the top of the ear before the main body of the Surfplug is pushed into position.

6. **REMOVAL** – lift the Surfplug upwards and outwards from the bottom and it will remove easily from the ear. If this is difficult then try pushing behind your ear to aid removal. **DO NOT PULL ON THE CORD TO REMOVE THE SURFPLUGS.**

7. **AFTERCARE** – Surfplugs should be cleaned after use in warm soapy water or a mild sterilising solution. This prolongs their life and will help to keep the plugs sterile. Avoid using dirty or unwashed Surfplugs as this may cause ear infections.

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