



Sizing Doc's Proplugs® / Promolds®

The instructions how to adjust Doc's Proplugs® and Doc's Promolds® made them to fit best adding more comfort. How to is described in this document. This type of earplug seals the concha against the skin of the concha, not via the ear-canal

When you have selected your size and you're not sure if it is the right one, please send a picture of your ear wearing the most comfortable Proplug to us at: cc@audine.eu

Mention the chosen size and for what purpose you want to use our earplugs for, how can we contact you (mail/phone). When we can we respond immediately and at least as soon as possible.

To know your size and way to wear the right earplugs makes a world of difference to you and us too.

How do I determine the size?

1) In the sizing set you'll find all 6 or 8 available sizes of the Doc's Proplugs. Find the size somewhat bigger than the measurement of your inner auricle or concha; pick a selected size Proplugs to continue.

Children in the range of T, XS, MS, S, M, L and for adults choose between S, M, L, XL, XXL).

2) Press the earplug softly against the skin, with a perfect fit the Fin- sits (left photo) in the top of the anterior crus or legs antihelix, and are also kept in by the Tragus and Antitragus. A good fit sits snug, has no pressure points and rest against the skin. Diameter adjustments and Fin-height correction can be made and are explained on page 2.

Try several sizes and find your snug size, the material is flexible to sit for a long time in your concha and rest against the inside of the ear-canal. A plug too small has no fin-pressure in the antihelix and easily falls out. When too big the Fin bolts and stings, this will cause leaking. A good-sized earplug closes your concha from your hearing-canal without obstructing. In case of diving, flying your pressure and communications go through the pressure valve of the Vented Proplugs.

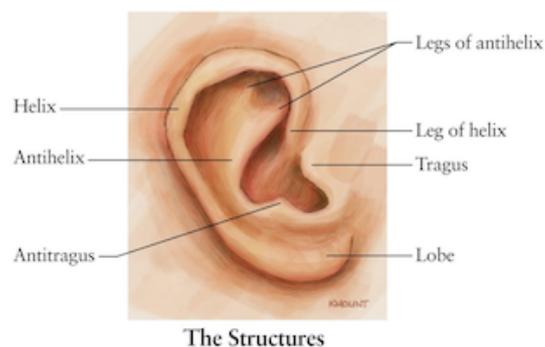
When you attempt to take the Proplug out of your ear you must feel some counter pressure.

3) Doc's Proplugs have to fit 'snug' around and against the concha. To be sure of the right size you can try one size bigger/smaller. The best fitting Proplug will lead to less hearing.

It's important you clean the Proplugs with alcohol wipes, before placing them back in the sizing set or help a friend or family member to determine his/her size. In case you have an infection wear only your own plugs and clean them proper with alcohol wipes. Send us a photo with sized ear with Proplugs in, we will share our advise with you.



Example of a "snug" Proplug in your ear, instand ready for every watersport!



Anatomy of your ear helps you further via google.com ear, concha, tragus

Adjusting-TIPS – How to make the best fit / seal with Doc's Proplugs

The Proplugs are worn "snug" against your skin, the inside of the model should fit the ear-canal diameter, sticking out a little is allowed, yet there must be a seal. Sometimes the standard diameter is too wide and the ear-channel is too narrow. Underneath you'll find the way to adjust the diameter from the outer-Bowl and height of the Fin. Because the Doc's Proplugs are made of kraton, they are easily re-formed with the use of a warm-source like the blue flame part of a lighter for a few seconds and are best cared after with alcohol-wipe cleaning.

Size M, L, XL, XXL

Reforming the diameter of the bowl (bigger sizes)

The bigger sizes have a ridge on the Bowl outside, (left model), with a sharp pair of scissors (skin) this carefully can be removed around in a fluent circle cut. Make sure you don't cut into the bowl itself because the Proplug can get perforated.

After you cut the bowl in its right form it is advised to carefully warm it in the blue section of a lighter for a few seconds. After warming you can roll the Proplug round between thumb and index-finger, to make sure there are no sharp edges left that can disturb the skin of the ear-canal. Any extra material can be removed with scissor and after cleaning with alcohol wipe it is ready to wear for your sport or medical protection

Size T, XS, MS, S

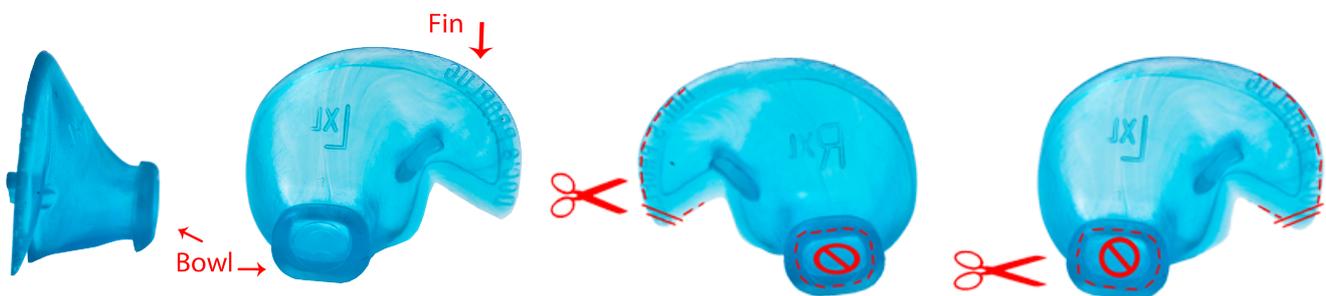
Reforming the diameter of (smaller sizes)

The smaller sizes allow easy adjusting, of the diameter. Warm the outside of the bowl for a few seconds with the blue part of a flame (from a lighter), roll the heated part between thumb and index-finger and remove the unnecessary material with a sharp pair of scissors. This will reduce the diameter with about 50%. The Proplug now fits the narrow / swollen ear-canal of baby's and children. After adjusting clean the altered earplug with an alcohol-wipe before fitting.

The Fin always point Up, inside the plug it says L for Left and R for Right so you do not mixed them up in case of an infection. When you notice after some time the Fin appears to high/long check underneath

2. Making the Fin fitting smaller, (all sizes)

Cut off the needless part of the fin and warm the adjusted fin in the blue part of a lighter for a few seconds. Please take small steps when it comes to cutting off. When you cut off too much it is irreversible. By warming you make sharp edges smooth again. What you remove is those small parts that turn your skin white; there is a pressure point.



We hope with this information to help you in and under water or protect you well in your recovery. When you require a second opinion or material for extra practise please contact us with your question, photo and contacts via info@proplugs.eu or cc@audine.eu via skype on Proplugs when can schedule a session online.

Know that earplugs filling up your ear-canal are not suited for medical protection. Watersport(wo)man that include diving too, only with non-invasive earplugs with a pressure valve like Proplugs makes under water safe to visit. Stop using cotton-sticks or paperclips to harvest wax; it often is the start of ear-trouble and swimmers-ear.