

# F&P Solo Nasal | Sizing guide

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

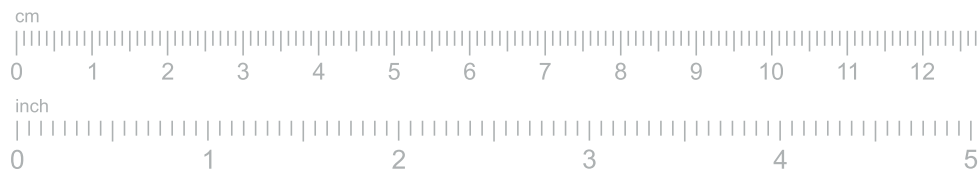
## Printing instructions

### 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.

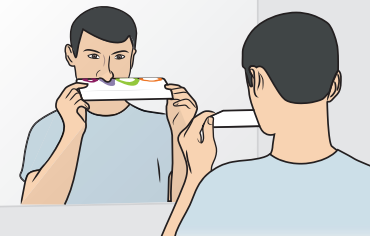
### 2 Measure your printout

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

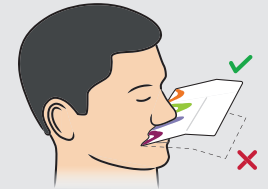


#### TIP

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



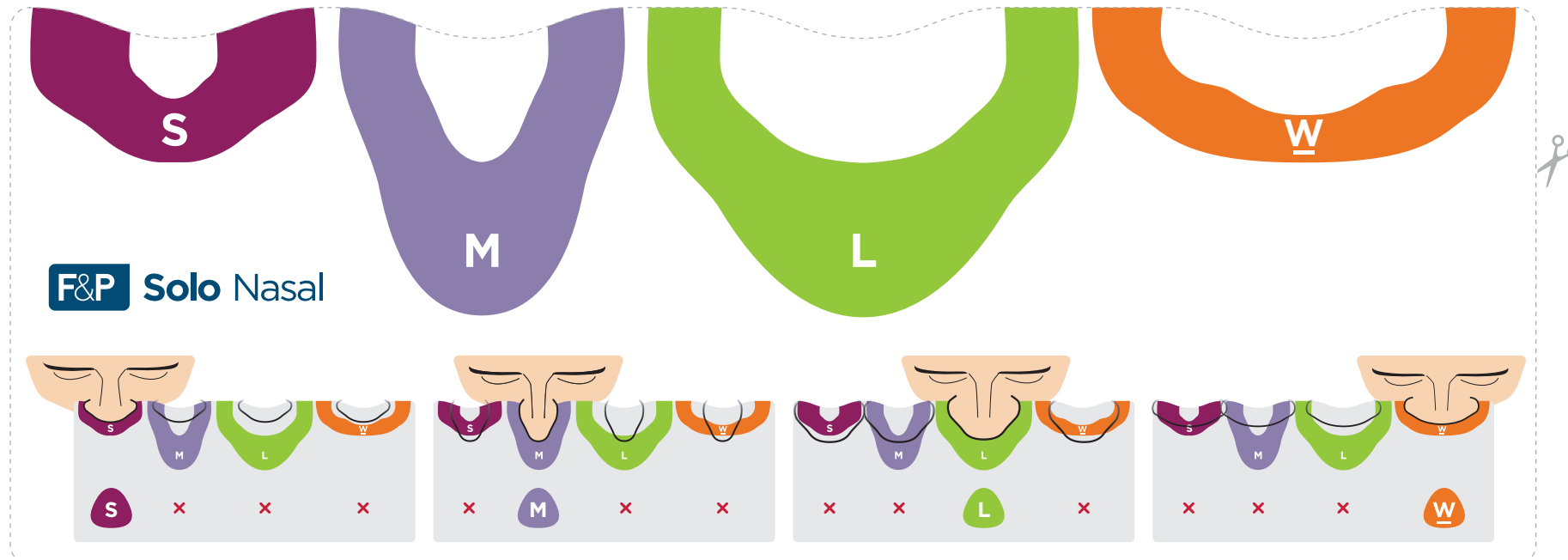
Hold the guide so that it presses against the underside of your nose.



Choose the size that best fits your nose.

## Sizing guide instructions

Carefully cut along the dotted lines.



This product may not be right for you. Read the warnings and instructions for use before purchase. F&P Solo™ Nasal mask may not be available in all markets.

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