



## How the Custom-Molding Process Works

All custom-fit ear plugs require impressions of your ears.

When you order any custom ear plug, we start the process by sending you a FREE impression kit so that you can make your own ear impressions. If you order more than one set of custom ear plugs, we will send you all the impression material you will need for the number of custom ear plugs you have ordered.

If you prefer, you can visit your local audiologist to get your ear impressions made, and then send those impressions to us. Either way is fine with us.

After you send your impressions to us, our ear mold lab technicians use your impressions to create custom ear plugs made to fit just your ears, right down to every bump and curve, for a perfect acoustic seal and maximum comfort.

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### Instructions For Making Your Impressions For Custom Molds and Ear Plugs

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#### Overview

Making your impressions is simple, fast and easy. You will place a small piece of foam down in the ear canal to stop the material from going where it shouldn't, then mix a two-part putty-like impression material, have a helper inject the material into the ear canal using a blunt, plastic tipped syringe, wait a few minutes, remove the impressions, pack them and mail them back to us, where our expert craftsmen will use your impressions to form your unique custom ear plugs, ear molds or custom earphones.

**NOTE:** Some audiologists warn against making your own ear impressions, particularly if you have any existing medical conditions. Although reports of injury or any health issues arising from making your own impressions are rare, if you have any concern about the condition or health of your ears or about your ability to make your own impressions, we recommend that you contact an audiologist to get your impressions made. We offer our impression kits as a convenience only and we will happily accept either the impressions you make using our kit or impressions you obtain from your audiologist. It is your choice.

**STOP: Please read through all the instructions carefully before beginning.**

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### Step 1: Check your supplies.

**Before handling any materials in the kit make sure your hands are clean.**

Your impression kit should contain all of the following:

- Impression material; one packet for each mold or plug you intend to have made, plus one extra packet in case you botch one.
- Various size foam oto-stops..
- One plastic tipped syringe.
- One Plastic Bag to return complete molds
- One FedEx envelope and Return Label to ship back completed molds

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### Step 2: Read all the instructions.

Before doing anything else, read all of the instructions so that you can move quickly through the steps. Once you mix the two-part impression material, it will immediately begin to set up, so time is of the essence.

Speaking of time, the temperature of the material dictates the setup time. The warmer the temperature of the material, the faster it sets up, so if the material is above 70 degrees Fahrenheit, put it into the refrigerator for an hour or more to cool it and thereby retard the speed at which the material will set up, giving you time to work with it. You can leave the material in the refrigerator indefinitely without harm.

### Step 3: Insert the Foam Stops

Put the larger foam stop into the ear canal, checking to make sure it fits properly. The foam should fill the ear canal, but should not be difficult to insert. If the foam piece is too large, try the smaller one, or simply trim a bit off to make it smaller. Be sure not to dislodge the string from the foam. The string might be needed later to help remove the foam stop from the ear canal.

(Do this next part yourself so that you can feel how deeply you are inserting the Q-tip) Use a Q-tip to gently nudge the foam stop down past the second bend in the ear canal. Have your helper look into your ear. When properly inserted, **the foam stop should not be visible**, or should be just barely visible, when your helper is looking directly into the ear canal. Be sure to leave the string hanging out of the ear. If needed, the string can later be used to remove the foam stop.

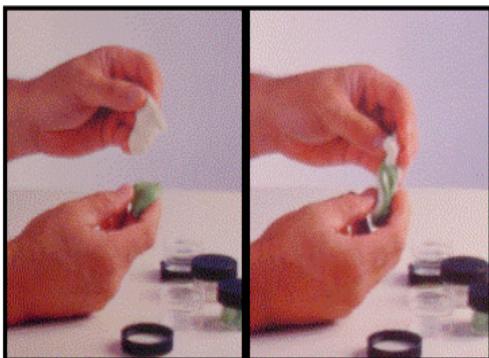


**IMPORTANT:**

**CHOOSE THE LARGEST OTOBLOCK YOU CAN AND GET IT AROUND THE SECOND BEND OF YOUR CANAL. WE NEED AN IMPRESSION OF YOUR CANALS AND BOWL OF THE EAR!**

**Step 4: Mix the Material**

With the foam stop in the ear, prepare the two-part impression material for one ear. Using clean hands, remove all of the base (green) material from its container, and remove all of the hardener (white) from its container. knead the two blobs of material together in your fingers, working quickly, until the mass is a uniform color. Stop working the material after 15-20 seconds even if there are a few light streaks remaining. As long as the two parts are mostly combined the finished impressions will usually be fine, and continuing to work the material beyond 20 seconds could give you too little time to inject the material into the ear before it sets up.



**Step 5: Put Mixed Material Into the Syringe**

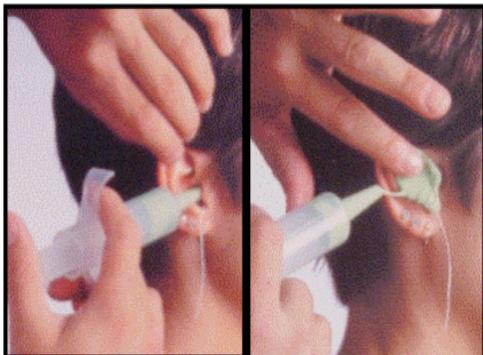
Remove the plunger from the syringe, place the kneaded material into the syringe and, using the plunger, push the material down into the tip until it is within 1/8" or so of the end. This will remove the air pockets from the material. **Be sure to complete steps 5 & 6 within 60-90 seconds after completing step 4 for to prevent material from hardening.**



### Step 6: Fill the Ear Canal and the Outer Ear

(This step is easier if done by a helper)

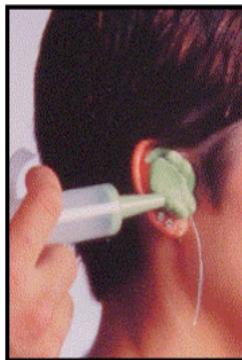
**Close mouth and carefully place the tip of the syringe just inside the opening to the ear canal and using the plunger, force the material into the ear canal.** The tip of the syringe should not touch the sides of the ear canal. As the material fills the ear canal, slowly withdraw the syringe and continue filling the helix, bowl, and tragus areas of the outer ear.



- Some audiologist suggest you open your mouth wide or smile and make as if you are singing at this point then place something thin (a bite block) to bite on in mouth and gently close mouth and "rest" it on the bite block
- Others believe that you can just insert the impression material and then open your mouth and put the bite blocks in...either way will work.
- **After the bite blocks are in...Don't talk.**

### Step 7: Firm the Impression Material

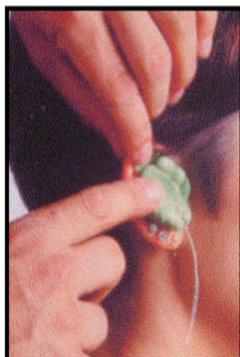
With the canal, helix, bowl, and tragus areas filled, lightly firm the material into the ear with your finger to eliminate lines and air pockets. Be careful not to press so hard as to distort the ear.



### Step 8: Let the Impressions Cure

Now just relax, keeping your mouth closed and your jaw still, and wait 5-10 minutes for the material to set up. When ready, the material will be firm to the touch with no give at all when pressed on by your finger. Allowing ample time to cure will insure that your impressions will retain their shape after removal from the ear.

Allow the material to set up completely before removing it from the ear. If you are not sure, wait a little longer. The material should not yield to a firm touch. If you remove the material too early, you may distort the impression, especially the canal portion, which will potentially result in discomfort or a poor seal against water and/or noise when you get your finished custom ear plugs, custom ear molds or custom earphones. While you are waiting for the first impression to set up, repeat steps 2 through 7 for the other ear if you are making impressions of both.



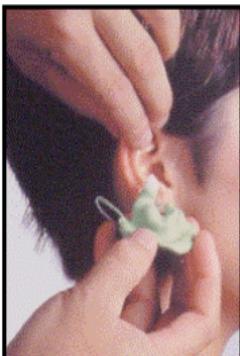
**Note:** With both impressions in place at the same time, and before removing either of the impressions, you should experience approximately the same noise reduction that you will get with your finished ear plugs, depending on the exact model you are buying.

#### **Note: OPEN MOUTH IMPRESSION!**

If you are a singer or move your mouth around...smile etc and buying custom ear molds or custom earphones for use during performances, you should hold your mouth wide open during the time the impression material is setting up. Mouth-open impressions will produce molds that fit more tightly and that will be less likely to come unsealed during loud singing parts that call for opening the mouth widely. Mouth-closed impressions will produce a more comfortable custom mold or plug to wear for extended periods such as during sleep, all day at work or while riding a motorcycle.

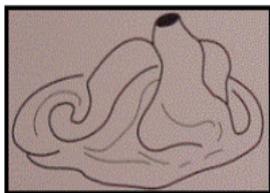
### Step 9: Carefully Remove the Impressions

When you are sure the impressions are fully cured, remove each impression by working your fingers under the edges of the impression and gently prying it out. If the foam stop does not come out with the plug, use the string to carefully and gently pull it out.

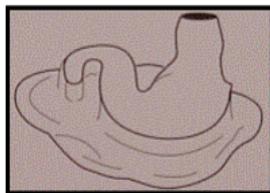


### Step 10: Examine Your Impressions

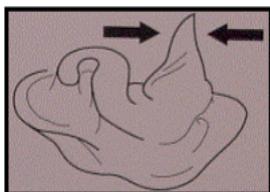
Now carefully examine the completed impressions and compare with the drawings below. **Make a new impression if your first attempt is not satisfactory.**



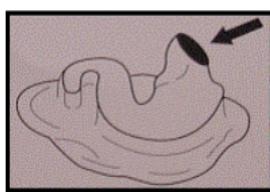
**Good impression:** Front View



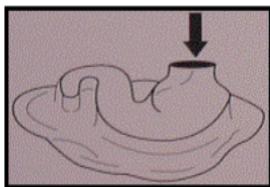
**Good impression:** Rear View



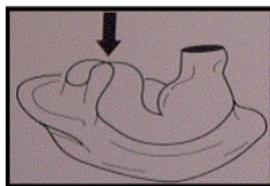
**Bad impression:** Underfilled Canal  
(Foam Stop Not Used)



**Bad impression:** Canal too Short  
(Foam Stop not inserted deeply enough)



**Bad impression:** Canal too Short  
(Foam Stop not inserted deeply enough)



**Bad impression:** Helix Not Filled

**When you have completed your impressions, send your Mold for your Pro-Fit Custom Units to:**

**Pro Ears Custom Products  
6893 Sullivan Road  
Grawn, MI 49637**

**Complete the form on the outside of the enclosed plastic bag; place your molds inside the plastic bag. Place finished molds inside the Pro Fit hard case and return to Pro Fit by using the FedEx Envelope. Drop off at any FedEx Location.**

**Any questions, please call 800-891-3660**