

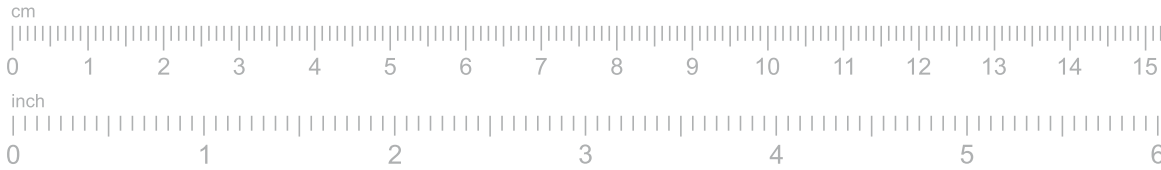
**Printing instructions**

**1 Print the sizing guide**

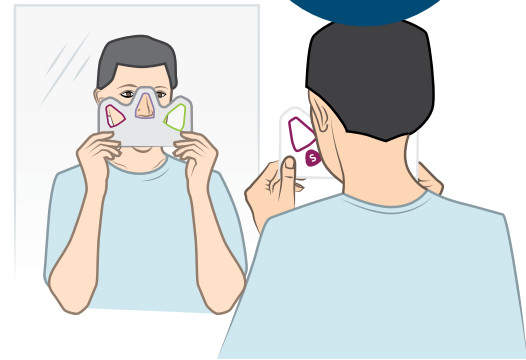
- Print on U.S. Letter or A4-sized paper.
- Ensure you select “Actual size” and not “Fit” in the printer settings.
- For best results, print in color.

**2 Measure your printout**

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



**TIP**  
Use a mirror or ask someone else to assist you with sizing.



**Sizing guide instructions**

- 1 Carefully cut along the dotted lines.
- 2 Place the guide against your face so that your nose protrudes through one sizing hole at a time.
- 3 Choose the size that best fits your nose.



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