



PAD A CHEEK®



Strap Pads + WISP

- Remove the straps and the seal from the Wisp headgear and lay the pads out (Photo #1)
- On one side, slide the long part of the headgear into the upper tube, slide it up and put the lower part of the headgear with the D shaped hole into the lower tube.
- Smooth the tubes out and lay the Velcro under the headgear as in the photos below and fold the Velcro over the headgear to secure.
- Repeat steps 2-3 on the other side.
- Scrunch the tubes away from the ends and attach the strap to the headgear.
- Insert the seal into the headgear on the side where the pads cover the headgear entirely, not the side with the velcro.

(If necessary, cut the **Strap Pads + Wisp** to the best length with scissors.)

PAD A CHEEK® is made from 100% polyester micro fleece, and can be machine or hand washed and dried (warm water, low heat or air dry).

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