

# Chin-Aid Instructions

Center the strap below the chin.



The tan colored side is applied to wear upon the skin.

Position the longer strap over the head and fasten the nylon loop to the hook. Adjust for a firm and comfortable fit.

The side straps rotate. With one hand position the strap having skin contact (white side) against the skin crossing below the mouth area to the other side. Pull this slightly to get good tension, and with the other hand, take the other strap (black side) and connect this over the other strap applying tension.

Other options include rotating the two side straps below the chin, and fastening. Either method may work, and have the same result to keep the lower jaw in a stationary position.