

Directions, Warnings and FAQs for Mack's PillowSoft Earplugs

1. Make sure hands and ear opening are clean and dry. Shape whole plug into a ball.
2. Place plug over ear opening and flatten to form airtight seal. Avoid hair.
3. Do not insert into ear canal!
4. To loosen and remove, press up behind ear.

Discard when soiled or no longer sticky. For best results when flying, wear earplugs entire flight. Do not cut, break apart or elongate earplugs.

WARNING: Use whole earplug. Cover only. Do not force plug into ear canal. Do not cut, break apart or elongate earplugs. If misused by failure to use as directed, earplug may become lodged in ear, requiring removal by an Ear, Nose and Throat Doctor ONLY!

WARNING: Adult supervision required for children under 15. Keep away from infants and small children when not in use. These plugs are non-toxic but may interfere with breathing if caught in windpipe, which could lead to serious injury or death. Do not use for scuba diving or at depths over 10 feet. Use only as directed.

WARNING: Keep away from infants and children 3 and under. These earplugs are non-toxic, but may interfere with breathing if caught in windpipe, which could lead to serious injury or death.

How long can I re-use the earplugs before they need to be replaced? The earplugs may be re-used until they are dirty or no longer sticky. Keeping your hands and ears clean and dry prior to handling/applying the earplugs will help prolong the useable life of the earplugs.

What are the earplugs made of? The earplugs are made of mouldable, non-irritating silicone rubber.

Can the earplugs be cleaned? No. Keeping your hands and ears clean and dry prior to handling/applying the earplugs will help prolong the useable life of the earplugs.

Are there any additional application tips to help me get an airtight or watertight seal with the earplugs? First try re-reading the directions, then apply a fresh pair of earplugs, making sure your hands and ears are clean and dry. Mouldable silicone earplugs are designed to stick to the surface of a clean, dry ear. If the earplugs are being used in a moist and/or dirty environment, be sure the hands and ears are clean and dry before applying or re-inserting the earplugs or a proper seal may not be achieved. A sign that you have achieved a proper seal is that your own voice will sound more internal and exaggerated. Lastly, try covering the ear canal with the earplug starting from the rear and moving toward the face. This technique squeezes out some of the air in the ear canal before sealing it shut, thus creating a bit of a suction effect. This last technique takes a little practice but creates an excellent seal when done correctly.

Can I break the earplugs in half for smaller sized ears? No. The earplugs are designed to cover the ear canal. Breaking them into smaller pieces may cause the user to push the earplug into the ear canal making it more difficult to remove. We recommend using Mack's® Kid's Size Silicone Earplugs for children six and under.

Will the earplugs melt if they are exposed to warm temperatures? Absolutely not. The earplugs may become slightly more pliable when exposed to warm temperatures, but never viscous. Each batch of material is stability tested in our lab at over 350 degrees C. (The typical temperature for a hot tub and sauna is 104 degrees C and 170 degrees C respectively.) To date, not a single test has shown positive results for melting or shape transformation (instability).

Are the mouldable silicone earplugs safe to use for flying discomfort? These earplugs have been used while flying since early the early 1960s and McKeons' surveys of adults show them to be safe and effective for reducing flying discomfort. In addition, Dr. Ira Rubin, MD, PhD has found the earplugs to be an effective tool in

preventing ear pain in children, especially infants, during plane trips. As he is quoted in a leading paediatric journal: "When moulded to the ear canal, they protect the ear from painful air pressure changes and reduce noise as well. Parents report that ear plugs work especially well with infants when left in place for the entire flight. I suggest a trial run a week before the trip if parents anticipate a child's refusing to leave the ear plugs in place." It is believed that the plugs slow down and/or decrease the effects of the pressure changes, thus allowing the ears more time to respond and equalise. As mentioned above, another manner by which the plugs help is by lowering the noise levels in the cabin. This helps calm and relax the "tense" flyer thus allowing them to equalize more effectively. If you are suffering from an ear health condition, we recommend you consult an E.N.T doctor before flying while using the earplugs. As the earplugs are only to be used as an aid, the user needs to take an active role in trying to prevent the onset of the discomfort. The person should try to stay ahead of and prevent the discomfort by trying to "clear" their ears by one of the various known methods. This is especially important during descent when most of the discomfort occurs. One of the methods involves plugging the nose while applying slight blowing pressure while holding one's breath. Another method is to chew gum. It is not the gum itself, but the wide opening motion of the jaw and the act of swallowing that helps aid in the equalisation process. Therefore, either faking it or merely munching on some snacks can achieve the same results. McKeons recommend wearing the earplugs the entire flight, until the plane has landed and the cabin has been depressurised.

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