

■How to put on a Gig-Band properly■

STEP 1: Peel of the backing to the adhesive area.

There are incisions in the band along the adhesive edge; peel off the backing carefully to avoid tearing the band itself.

STEP 2: Wrap the band around your wrist.

If the band is too loose, it will fall off.

The band is not reusable. Make sure not to wrap the band too tightly around your wrist.

STEP 3: Press the adhesive area into the band to fix the length and you're done!

If the adhesive is affixed properly, it will stay fixed even when wet.

When removing the band, use scissors to cut it off your wrist. (Please be careful not to cut your hand.)