

Congratulations on your purchase  
of **RealBreast** prosthetics!

**Please take a few moments to read these tips & tricks to maximize your enjoyment of this remarkable new product.**

Your prosthetics have been shipped on foam or plastic form(s); please **retain these form(s) to use for storage** when your breasts are not in use. Make a note of how they are positioned on the form so that when you place them back on to it for storage, you will have an idea of proper positioning.

**APPLICATION AND WEARING:**

RealBreast prosthetics have two components you will need to be aware of: a tacky back surface and a thin semi-clear skin around the edge. The clear blending edge while quite strong is also very thin and must be treated with care and patience at all times. **When removing RealBreasts from either the form(s) or yourself, always pull slowly to avoid tearing the material.**

To wear RealBreasts, first prepare your skin with either Skin Prep/Skin Tac Wipes or clean well with an astringent to remove oil and sweat. Apply one breast at a time. We recommend that you apply them from a bent over position: hold the breast in your hand and lift it up onto your chest. This method helps to minimize the edge folding onto the inside.

Adjust the placement until you find the position that works best for you. During this process, be very careful with the clear flange. If it rolls under the breast and sticks to the tacky back surface, pull it slowly free. Once you have found the correct position, start to apply adhesive to 2" to 3" sections at a time to the back of the flange. For a stronger bond (and for larger size breasts), you may apply adhesive up into the tacky surface within. Allow the section to air dry for 60 seconds and then pull it tight against your skin. For more detailed directions, please read our adhesive-specific instructions below.

Let us know if you come up with any tricks to help others in applying and enjoying the product!

**REMOVAL, CLEANING AND STORAGE:**

To remove RealBreasts, peel back the flange slowly. If necessary, you may use some adhesive remover to aid in separation. Once you have the breast off, carefully remove adhesive residue from the back of the prosthetic and yourself with an adhesive solvent. Follow this with a rinse in warm water and place the breast on to the form it was shipped on. **You should be able to get many uses from your RealBreast if you treat them with care and are patient during application and removal.**

**CORRECT ADHESIVE USAGE INSTRUCTIONS**

**Improper use of adhesive will result in poor product performance! If you want your RealBreasts to be properly attached to you, you must be familiar with the use of various medical adhesives. While you may enjoy your RealBreasts without the use of adhesive, the tacky backside of the forms is not intended to be relied upon as a long-term method of adhesion.**

1. **You MUST clean your skin.** Shaving is also necessary for proper attachment. Skipping either of these steps will likely result in poor adhesion. Likewise, **your RealBreasts must also be clean.** Always clean the backs of your forms before putting them away, using the same remover(s) used to remove the adhesive from your skin.
2. If you have a tendency to sweat a lot, usage of Sweat Stop, No Sweat or similar antiperspirants on the back of the breast form (prior to application of any adhesive) is advised. This will maximize the length of time that your RealBreasts will stay in place.
3. We recommend to prep your skin with Skin Prep Wipes prior to ANY of the following methods of application.
4. It is important to know where you are placing the breasts ahead of time. Practice WITHOUT adhesive a few times to find your ideal fit. Remember, you can trim the flanges if needed to achieve the desired placement.

**Most of the adhesives used for prosthetics are pressure based. Proper time MUST BE ALLOWED for the adhesive to actually dry BEFORE applying the RealBreasts, and are set in place using pressure. Rushing this process will cause poor adhesion. FIRM pressure is what sets the bond. Occasional "re-pressing" may be necessary.**

Feel free to experiment with different combinations of the below techniques as you become familiar with the basic application of the prosthetics. There are adhesives that may work as well, just make sure that your research the products and that they are intended for use on silicone prosthetics.



## METHOD #1: SKIN TAC WIPES

These wipes contain an adhesive dispersed in an alcohol base. When you wipe the skin with one of these wipes, after the alcohol dries you are left with a tacky layer on your skin. Useful as a sole means of adhesion, or in conjunction with another adhesive method.

1. Clean and shave your skin. Wipe down your chest area with Skin Prep Wipe(s).
2. Wipe down both your chest and the RealBreasts with the Skin Tac Wipes. One per side should be adequate. Allow the areas to air dry for at least 45 seconds prior to application. Then carefully put the breasts in place. As with all of these adhesives, use firm pressure to affix the prosthetics in place.
3. Adjust placement as needed and/or apply additional adhesives to the areas that are coming loose. Remember to let the adhesive air dry for about a minute before pressing it in to place.

**REMOVAL:** Carefully peel the RealBreasts off your skin. Rushing this process can tear your RealBreasts so take your time. Clean the back of your breasts with the remover provided, follow with a quick wipe of isopropyl alcohol and then properly replace them onto the storage form(s). **Taking the time to clean your breasts right after you remove them will greatly extend their number of uses.**

## METHOD #2: FACTOR II LIQUID ADHESIVE

This is a liquid adhesive that can be applied where need with aprovided bursh. Useful as a primary means of adhesivion and also for touchup areas.

1. Clean and shave your skin. Wipe down your chest area with Skin Prep Wipe(s).
2. Apply a thin layer of liquid adhesive around the perimeter of the back side of your RealBreasts. You can either work in sections once the forms are in place or you can apply the adhesive onto the entire flange and then put in place. In either case, remember to allow 50 seconds for the adhesive to air dry BEFORE you press it in to place on your skin.
3. Adjust placement as needed and/or apply additional adhesives to the areas that are coming loose. Remember to let the adhesive air dry for about a minute before pressing it in to place.

**REMOVAL:** Carefully peel the RealBreasts off your skin. Rushing this process can tear your RealBreasts so take your time. Clean the back of your breasts with the remover provided, follow with a quick wipe of isopropyl alcohol and then properly replace them onto the storage form(s). **Taking the time to clean your breasts right after you remove them will greatly extend their number of uses.**

## METHOD #3: HOLLISTERS SPRAY ADHESIVE

This is a high strength spray based medical adhesive system. This adhesive is **useful for applying heavier RealBreasts** and is also convenient for applying because it sprays on. Because it is dispensed from a spray can, care must be used with applying. We recommend that you put a towel or plastic below where you will be spraying to avoid a sticky mess where you don't want.

1. Clean and shave your skin. Wipe down your chest area with Skin Prep Wipe(s).
1. Spray the adhesive on to the back of your RealBreasts, focusing on the outer flange. you can also use a sponge to help in dispersing the adhesive where you need it but you must work quickly. Remember to allow at least 60 seconds for the adhesive to air dry BEFORE you press it in to place on your skin.
3. Adjust placement as needed and/or apply additional adhesives to the areas that are coming loose. Remember to let the adhesive air dry for about a minute before pressing it in to place.

**REMOVAL:** Carefully peel the RealBreasts off your skin. Rushing this process can tear your RealBreasts so take your time. Clean the back of your breasts with the remover provided, follow with a quick wipe of isopropyl alcohol and then properly replace them onto the storage form(s). **Taking the time to clean your breasts right after you remove them will greatly extend their number of uses.**

