

# YouFORM Pads

## HEAT MOLDING INSTRUCTIONS

### HIP PAD

#### OVEN METHOD [recommended for best fit]

- Using the included nonstick sheet, place the pad [without clips or hardware] on the center rack at 200 degrees Fahrenheit for 6 minutes.
- With a light touch, quickly remove the pad off the nonstick sheet and place the pad between your pants and underwear white side inward.
- The top of the pad should be even with the top of your pants.
- Ensure that the pad is centered over your hip pointer [side to side].
- Button pants and apply light, even pressure on the bottom half of the pad for best results.
- Allow the pad to cool for 5 to 7 minutes before removing from pants.
- Lastly, remove the pad and fasten the clips to the height of your preference using the screw provided. Comfort is key with the clip height adjustment.
- This process can be repeated, but always remove the clips and screws first.

#### HAIR DRYER METHOD [optional method]

- Place the hip pad between your pants and underwear [without clips or hardware] white side inward.
- The top of the pad should be even with the waist of your pants.
- Ensure that the pad is centered over your hip pointer [side to side].
- Button pants and apply heat 4 to 6 inches from your pants and heat evenly starting from the middle out for 10 minutes.
- Apply light even pressure on the bottom half of the pad for best results.
- Allow the pad to cool for 5 to 7 minutes before removing from pants.
- Lastly, remove the pad and fasten the clips to the height of your preference using the screws provided. Comfort is key with the clip height adjustment.
- This process can be repeated, but always remove the clips and screws first.

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