

# YouFORM Pads

## HEAT MOLDING INSTRUCTIONS

### TAIL PAD

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

- Using the included nonstick warming tray built into the package, place the pad [without clips or hardware] on the center rack of your oven.
- Bake at 200 degrees Fahrenheit for 6 minutes.
- The pad will not be hot to the touch - actually feels pleasant.
- With a light touch, quickly remove the pad off the nonstick warming tray and place the pad between your pants and underwear, with the white side facing your body.
- The top of the pad should be even with the top of your pants.
- Ensure that the pad is centered over your tail/behind.
- Button pants and allow the pad to cool for 4 minutes.
- Lastly, remove the pad and fasten the clips 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.