TH RETAINERS

How to use your sizing guide

- 1. To ensure your guide printed correctly, use a ruler or a measuring app on your phone to ensure that either of the rulers below are approximately the correct length. If they are not correct, please double check that your software/printer are not scaling this to anything but 100% and try again.
- 2. Fold the paper in half on the dotted line and cut out the circles below.
- 3. While soft and with any foreskin pulled back, insert your glans into the various holes below until you find the hole larger than and the hole smaller than your "fitting circle". Your "fitting circle" is the imaginary circle approximately 2/3's of the way down your glans that goes just above where your frenulum meets the glans.



Example "fitting circle"

Your retainer size is the size marked between the larger and smaller holes. If one circle falls right at your "fitting circle," start with the size to the left of that hole.

To see more examples and a video tutorial, go to https://stealthretainers.com/sg-help or scan this QR code:

See all products and order your retainer at https://stealthretainers.com

