Finess®

LAUGH OFTEN. WORRY LESS. LIVE MORE

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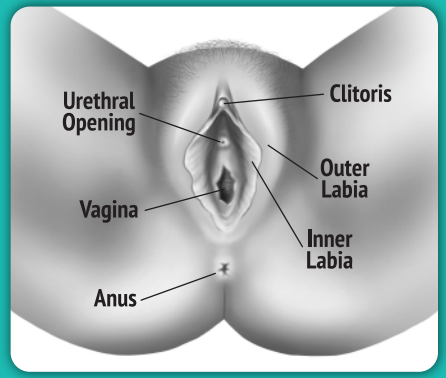
Getting to Know Your Anatomy

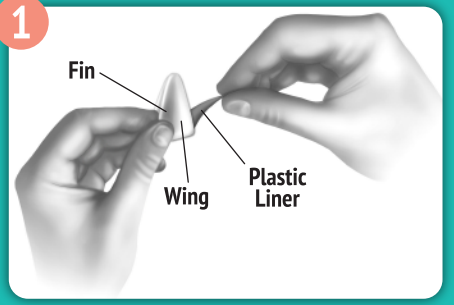
The female anatomy can be a bit confusing, so let's start by just checking out what's happening down there! In our diagram, you can see that your urethral opening (where urine exits the body) is in a hairless area located above your vagina, and below your clitoris. This is where Finess will be placed.



Tip: We recommend making sure the urethral opening and surrounding area is as dry as possible before placing Finess, as it will help to form a better seal for the product.

Preparing Finess

1

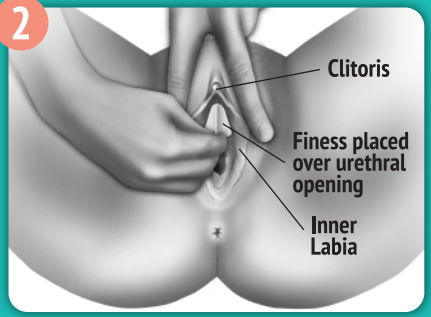


Now let's get started. Grasp the fin, which may be folded over, and peel the plastic liner off the adhesive side of Finess.

Tip: Try to keep the adhesive clean to help create a better seal.

Placing Finess

2

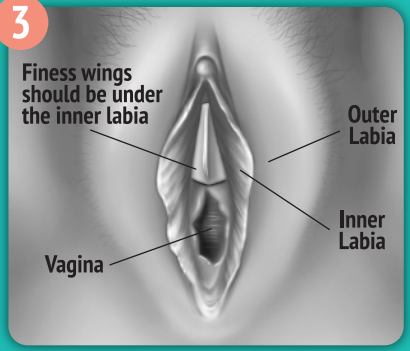


Next, hold Finess by the fin, with the narrow, rounded top pointed toward your clitoris. Spread the inner and outer labia and place the adhesive side of the product over your urethral opening. Press down firmly.

Confirming Correct Placement of Finess

Your first few times, you may want to use a mirror to check that it is positioned correctly - over the urethral opening, just above the vagina, and with the labia resting on top of the Finess "wings." As with most new things, it can take some getting used to, so don't give up!

3



Tip: If Finess feels uncomfortable, it may not be placed correctly. No need to worry! Check that the inner folds of the labia are not caught underneath the hydrogel. If this happens, simply remove Finess and reposition it. It may take two or three attempts to get the correct placement, so don't be afraid to give it a few tries to get it just right!

Things to Know

Replace Finess when you need to use the restroom and dispose of it in the trash. Do not reuse.

Do not use Finess during sexual intercourse, or while showering, bathing, or swimming.

Do not use Finess if you have a history of urinary tract infections or symptoms of other urogenital infections.

If pregnant, consult a physician before using.

If you're experiencing difficulty or have any questions, we are here to help! Feel free to text or call us at (877) 667-6473, or email us at customer.service@havefiness.com

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