

# Whole Ear Cuff Sizing Guide

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## SUPPLIES

- Printout of PDF of Square tool with the white inside space cut out to make a square inside edge.  
*(Please use the free PDF download [here](#) for a paper square tool. Some printer settings can change the size of the image, so use a ruler to check it printed correctly. If you do not have a printer, you can use any piece of paper that has a right-angle inside corner cut into it and measure to your pencil marks using the ruler.)*
- Ruler or other straight edge
- Pencil or pen
- A second person to help you

## HOW TO MEASURE YOUR EARS

- Hold the Square tool so that one leg touches the back of your ear where it meets your head, and one leg rests on the top of your ear where it meets your head. Stand straight and face forward.
- Have your assistant help you adjust the Square tool so that the side leg is vertical and the top leg is horizontal to the floor, hold the tool yourself to keep it in position.
- Have your assistant hold the ruler vertically against your cheek touching the most forward part of the cartilage of your ear. Be careful to keep the intersection between the ruler and the Square tool as perpendicular as possible.
- Use the pencil to mark the front-to-back measurement of your ear on the Square. (The example image shows a measurement of 34 mm.)
- To measure the height of your ear, keep the Square in the same place, and have your assistant reposition the ruler so that it is horizontal, touching the bottom edge of where your ear meets your head. (If you have detached earlobes, tuck the ruler behind your earlobe.)
- Mark on the Square the top-to-bottom measurement of your ear.

If you have any questions, please contact me at [elizabeth@alloysbyarnold.com](mailto:elizabeth@alloysbyarnold.com)!

