



Rubber band goes around your arm



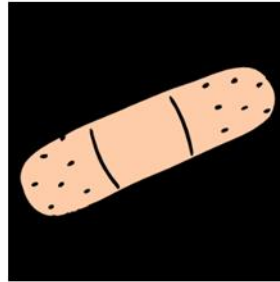
Clean the spot



Cold spray



Little poke



Put band aid on



All done!