

# How to Blow Up a Surgical Glove with Your Nose

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Remember the days when Howie Mandel wowed the crowds by blowing up a surgical glove using only his nose? Well, now you can relive those days and entertain your [family](#) and friends with this simple party trick. Here's how you do it.

Difficulty: Moderately Easy

## Instructions

- 1 Before getting started, brush your hair back so that it doesn't get in the way of donning the surgical glove. Yes, that's right. You're actually going to be putting a surgical glove over your head.
- 2 Buy, beg or steal one large surgical glove from your doctor's office, hospital or pharmacy. An easy way to get one is to schedule a complete physical with your family doctor. While the nurse is out of the room, rummage through the cabinets until you find their stash of gloves. After you've stuffed your pockets with as many as you can, tell the nurse that you just got an important call on your cell phone and that you need to cancel your physical.
- 3 Take one surgical glove (any color will do but clear is more dramatic) and insert both hands into the opening. Carefully stretch out the opening until it is at least the circumference of your head. Repeat this process until the opening is pliable.
- 4 While holding the opening of the glove with one hand, use the other hand to pull on the fingers. Repeat for all five fingers (including the thumb) until they are pliable.
- 5 Beginning at the back of your head, pull the opening of the surgical glove over the outside of your head by inserting your hands into the glove and pulling outward. As you dilate the opening of the glove, continue to stretch and pull the glove over your head until the front edge of the glove covers your nose.
- 6 With your mouth and epiglottis closed, blow out forcefully through your nose to begin filling the glove. Take short, firm breaths instead of longer breaths. Repeat.
- 7 Continue blowing out with your nose until one of several things happen: the glove inflates to the desired size, you burst your eardrums or you pass out from a cerebral hemorrhage. If the latter occurs, politely ask a friend to call 911.

## Tips & Warnings

- Get a haircut before the event.
- Use large surgical gloves. The smaller the glove, the more difficult the trick.
- Be patient. It takes years of practice to fully inflate a surgical glove
- Do not use condoms, finger cots or rubber kitchen gloves instead of surgical gloves.

- Have a friend standing by at all times to film the trick or drive you to the emergency room--whichever comes first.