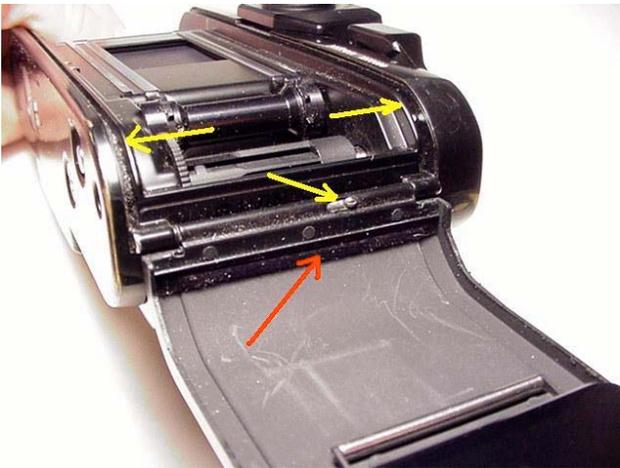


## ProSeal Instructions for Nikon F3 SLR

Please read these instructions **completely** before you start. Knowledge strengthens confidence, and like most jobs, this is better done right the first time. I think you'll find it rewarding and fun, and I've tried to present the information in these 4 pages in a logical and straightforward fashion. This is a very well-designed SLR, and the job you're doing now is very important in repairing one of its most common problems.

Here are some things you may need: (1) a safe surface to work on—I like to use a piece of cardboard about 1.5' by 1.5', but you can work on fiberboard, newspaper or anything else handy—the important thing is to protect the surface beneath you. (2) Naphtha (cigarette lighter fluid is the same thing) or denatured alcohol for a solvent. (3) 2 or 3 paper towels. (4) some toothpicks or your bamboo tool—if you have access to a wooden cuticle stick, this is a handy tool. (5) a safety razor blade, hobby knife, or small scissors. (6) a small screwdriver (7) a pair of tweezers.

**Important --► Please begin by removing your pentaprism and your focus screen. You may cover your finger with a plastic bag to avoid fingerprints on your focus screen.**

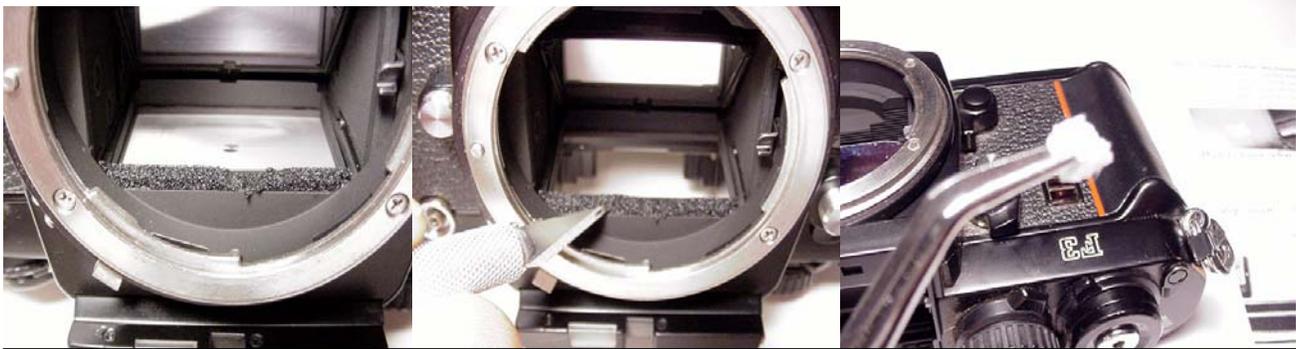


As you look inside the hinge area, you'll see a small screw there (the middle arrow). Slide it downward, and you'll be able to remove the film door. Removing your film door will make our work easier and less cumbersome. You will notice there is a thin fabric seal used for the hinge end seal on this model (red arrow). The arrows on the sides point to the body slot seals, which we will clean and replace later. In this model, there is no seal used at the latch end.

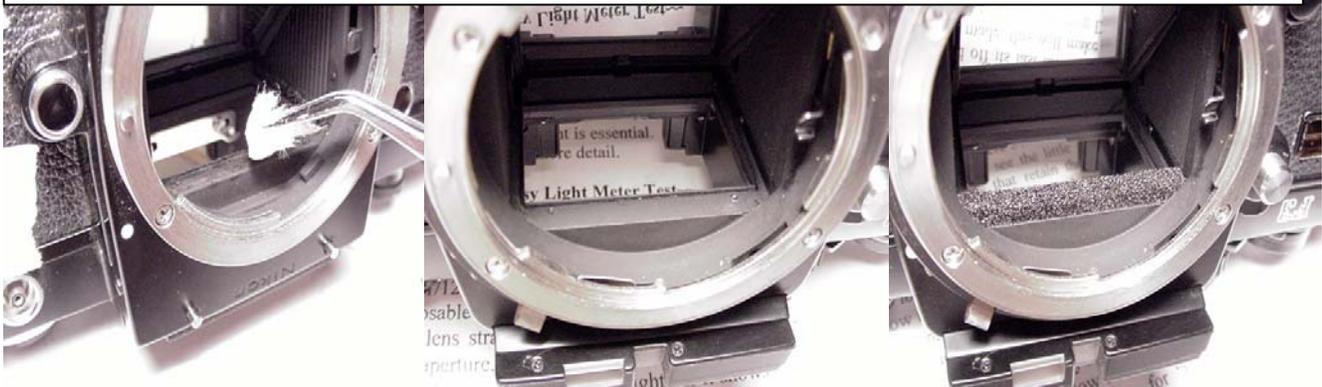


To the left—Using paper and masking tape, I make a mask to keep the shutter curtains clean. Do not cover the film door slots in the body. In the middle frame, I push a small bit of paper towel or napkin into the slot and saturate it with denatured alcohol. Be careful to start at the film frame reset lever and work away from it, not pushing anything into it or under it. In the right frame, you can see I am using the thin end of my bamboo tool to push the bit of paper towel through the slot to clean it. Repeat for the bottom slot, cleaning all areas of the slots completely.

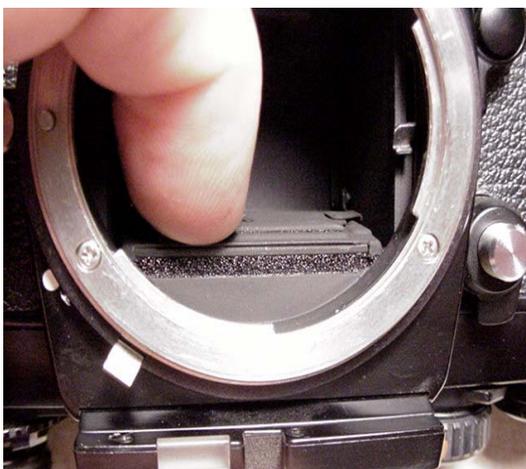
~~Cleaning the Mirror Damper Area and Installing the New Damper Pad~~



Left—you can see the mirror damper in this camera consists of a front pad only. In the center, you can see how I carefully remove the old pad using a thin X-Acto type blade. In the last image above, you can see how I use tweezers and a bit of paper towel wet with solvent to make a “mop.” Below, I am using a bit of paper towel soaked in solvent held by a pair of tweezers to clean the front area. In the middle, you see I have carefully cleaned the foam from the ledge. Then in the final frame to the bottom right, you can see I have placed the new damper pad onto the area where I will check its alignment. This pad measures 2.5mm thick x 4mm wide x 40mm long. Please remember to **lick** the adhesive side well before you install the piece. This will allow you time to position it as you wish. After about 30 minutes, you can press the piece down for a final set.



NOTE: Please do not place paper or tissue on your mirror in an attempt to keep it clean. This is an amateur’s mistake, and it almost always leads to problems. One: You can trap bits of old seal underneath it, and these will be smudged onto your mirror. Two: this gives you a false sense of security, and this is not always a good thing. Three: your mirror could be scratched by the paper. Work like a pro. Try to adopt the attitude of a surgeon or an archaeologist and take the same care.



To the left, please see how I will press the damper seal down after my saliva has dried. Carefully lift the mirror up and use it to gently press down on the damper seal. Please note the mirror is a two-piece mechanism in this camera and use care not to bend or damage it. This is all going very well, isn’t it? The F3 is a nice straightforward model to re-seal, and we’ll be finished with our work in a short time.

Next, we’ll discuss the hinge end seal...



Let's look at the hinge end seal carefully. As you see to the left, this is a thin fabric seal which measures about 1.5mm thick x 3mm wide x 52mm long. The yellow arrow points to a distinct line in this seal. This line is formed by a corresponding ridge on the camera body. In this case, this seal is still doing its job, and really does not need to be replaced. One of the reasons I have gone to such great care and expense to include two thicknesses of self-adhesive fabric seal in the kits I sell is because those seals last a very long time and remain effective over many years without deterioration. In this case, I think I will leave this seal undisturbed. If you wish to replace it, please cut the replacement and remove the old seal by soaking in solvent and carefully removing with your bamboo tool. Installing the new one is a simple matter. Remember to lick the adhesive side first.



Left: I use a bit of paper towel and solvent to clean the edges of the film door. These will have old sticky foam on them, and you don't want this to foul or stick to your new foam. This is actually an image of me cleaning the film door of an F2 model, however this procedure is the same for all cameras.

### ~~The Body Slots~~



Using a 2mm non-adhesive "Seal Strip," begin at the hinge end and push the strip gently into the slot with your fingertip as I've done in the first frame to the right. The slick (or glossy) side should face outward. In the middle frame, you can see I am following around the curve...using the thin end of my bamboo tool to gently guide the foam into the slot. In the final frame to the right, you see I have trimmed this piece so it will end just at the film frame reset lever, and I'm pushing the piece into the slot with the bamboo tool. I'll repeat this for the other side of the slot, and then I'll repeat this for the bottom slot. Once this is done, I'll re-attach the film door and close it. The door will be snug until the new seals adjust to their new settings.

Guess what? You're finished, and your camera is back to "like new" condition and ready to enjoy again.

~~NOTES~~

These instructions were given to you as an accompaniment to a general seal kit, or for any of several reasons. You should be able to easily cut your own seal pieces from my seal material, using methods described in my general kit instructions. Your camera is a fine precision instrument, and the materials you are using have been carefully tested to be compatible with its design. You should **never** use inferior seal materials as a substitute. Using materials which are too thick or too dense could damage your camera, and a professional repair person would never consider doing that.

About licking the adhesive first...when you do this, you temporarily de-activate the "stickiness." This allows you time to position the piece correctly, and it keeps it from sticking to your fingers or tweezers. After 30 minutes or so, you can return and press it down again.

Jon Goodman --- 2006