



How to Restore a Torn Nike Flip-Flop

This guide will demonstrate how to restore a torn or ripped Nike flip-flop back to a wearable state.

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INTRODUCTION

Nike Flip-Flops are a very common item in a person's wardrobe. Using these Nike Flip-Flops constantly causes wear and tear, which could be dangerous to the person wearing them. As the flip-flops tear they become unstable and can cause foot injuries like a sprained ankle. This guide will help protect your feet, by fixing the torn parts and making the Nike flip-flops more stable.

TOOLS:

- [E6000 Industrial Strength Adhesive \(1\)](#)
- [Plasti Dip Multi-Purpose Rubber Coating \(1\)](#)
- [Sewing Kit \(1\)](#)
- [Old toothbrush or Cloth \(1\)](#)
- [120 Grit Sandpaper \(1\)](#)

Step 1 — How to Restore a Torn Nike Flip-Flop



- Remove all rough edges with 120 grit sandpaper from the torn parts of the flip-flop.

Step 2



- Clean off any additional residue with soap, water, and a towel or toothbrush.
- Allow the flip-flop to air dry before moving on.

Step 3



- Gently apply the adhesive on the torn parts of the flip-flop.
- Make sure the torn parts are completely covered. Overspill is okay.
- Connect and hold the parts of the flip-flop to the adhesive with your hands for 5 minutes. After the 5 minutes the adhesive will be hard enough to let it sit. Let the adhesive dry for 24 hours.

 Be sure to wear gloves and be in a ventilated environment when applying the adhesive.

Step 4



- Once the adhesive is dry remove any extra adhesive that might have spilled over with the sandpaper.

Step 5



- Take the needle and thread and begin to sew a cross stitch from the strap to the torn part of the flip-flop.
- *(i)* It may be easier to use an upholstery needle to get through the rubber material.

Step 6



- Cover the stitched region with Plasti Dip.
- Allow 4 hours to dry.

⚠ Make sure to apply the Plastic Dip in a proper environment with ventilation or outside.

The Nike Flip-Flop(s) are now restored and can be worn again.