

## FITTING INSTRUCTIONS

### Warning!

**DO NOT CHEW YOUR MOUTHGUARD. NOT FOR USE WITH BRACES.**  
Please read the instructions carefully and ensure it is fully understood before fitting.  
Hot water can burn skin. Handle with care.

### WHAT YOU WILL NEED TO FIT THIS MOUTHGUARD:

- Mouthguard
- Saucepan
- Slotted spoon
- Bowl of room-temperature water
- Bowl of cold water with ice
- A clock or watch with seconds display

### FITTING INSTRUCTIONS:

(Wash your hands and mouthguard before fitting the mouthguard)

1. Fill a saucepan with 3-4 inches of water and heat to a **rolling boil**.
2. Remove saucepan from heat source and submerge mouthguard wholly into hot water (Gel Liner facing down) with the tip of the slotted spoon for **70 seconds**.
3. Carefully remove mouthguard from the hot water and place in a bowl of room-temperature water for 1 second.
4. Lick your lips before placing the mouthguard into your mouth.
5. While facing the mirror, line up the mouthguard carefully with the centerline of your upper teeth. Place the mouthguard onto and around upper teeth.
6. Bite down firmly with mouth closed and then open the lips and push directly onto the mouthguard against your teeth and gums with fingers upwardly and firmly continuing this action for 20 seconds (Fig.1). **It is important that the material fills in between all your upper teeth to ensure a proper fit.**
7. Close mouth and press against outside of lips and cheeks with fingers while sucking in air and water strongly to create a vacuum (Fig.2). Continue this process for 20 seconds. Then keep mouthguard in mouth at a relaxed position for 50 seconds, remembering to keep your mouth closed during this time.



Fig.1



Fig.2

8. Remove the mouthguard and place in ice cold water for at least 2 minutes to set.
9. Replace mouthguard into the mouth and test for fit and retention.  
**Note: For future use, press against outside of lips and cheeks with fingers and suck in air for the best fit every time you place the mouthguard into your mouth.**
10. Repeat steps 1 through 9 if proper fit is not achieved.

### MOUTHGUARD CARE AND STORAGE:

1. Clean mouthguard and box by rinsing with water (no hotter than 35°C/ 95°F) after each use.
2. Keep mouthguard in its box and allow ventilation while not in use.