

# **WARNING !**

## **DO NOT CHEW YOUR MOUTH GUARD**

IN ORDER FOR A MOUTH GUARD TO PROTECT, FIT, AND LAST, IT MUST BE WORN PROPERLY ON YOUR TEETH AND GUMS AS INDICATED IN THE FITTING INSTRUCTIONS. IF ANY MOUTH GUARD IS NOT WORN PROPERLY AND/OR IS CHEWED, ITS PROTECTION, FIT AND DURABILITY WILL BE GREATLY DIMINISHED.

## **FITTING INSTRUCTIONS**

1. Fill pot with water. Bring water to a boil. Remove water from the heat source. Let water stand for 45 seconds, then place mouth guard in water for 90 seconds. Do not exceed heating time.
2. Carefully remove mouth guard from hot water with a slotted spoon.
3. Cool mouth guard under tap water for one second, only to bring surface temperature to a comfortable level. Quickly move to step 4.
4. Carefully place mouth guard around all upper teeth. Bite down firmly into mouth guard, suck in strongly, and then use fingers to press edges of mouth guard into teeth and gum line through the lips and cheeks (continue for 20 seconds).
5. Remove mouth guard and cool under tap water for 30 seconds.  
Replace into mouth and test for a good firm fit.
6. Repeat steps 1 through 5 if fit is not accurate.
7. After fitting, only if necessary, carefully trim mouth guard to remove any excess material. Remove material gradually to avoid trimming away the protective features.