

# MOUTH GUARD

## FITTING INSTRUCTIONS

**CAUTION!**  
**DO NOT USE WITH BRACES**  
**DO NOT CHEW YOUR MOUTH GUARD**

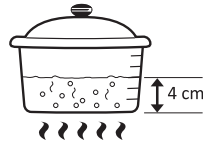
Use your mouth guard as recommended in these instructions. Not following the instructions can result in reduced protection, durability and comfort.

### YOU WILL NEED:

- Pan filled with 4cm water
- Thermometer(Optional)
- Slotted spoon
- Cold tap Water
- Mirror
- Timer or watch

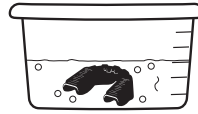


BRING  
TO BOIL



- 1 Bring the pan of water to 90°C. Use a thermometer if available to measure the water temperature. If thermometer is not available be very careful and don't over heat the water to avoid damage to the mouth guard.

**CAUTION!**  
HOT WATER



**30**  
sec

ADULTS ONLY

- 2 Place mouthguard in the pan for 30 seconds.

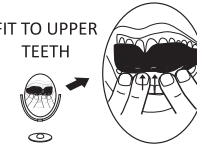


COOL OFF

**5**  
sec

- 3 Remove mouthguard from the water and cool it off for 5 seconds or until the temperature of mouthguard is comfortable enough to fix in mouth.

FIT TO UPPER  
TEETH



BITE  
DOWN  
FIRMLY

- 4 Looking in the mirror, fit the mouthguard onto upper teeth, biting down firmly

SUCKING & PRESSING CENTRE



**5**  
sec

- 5 Suck in and press the centre of the mouthguard

SUCKING & PRESSING EDGES



**45**  
sec

- 6 Suck in and press the edges of the mouthguard

- 7 Take the mouthguard out of your mouth and Place it in the cold tap water.



Cold Tap water

- 8 Place the mouthguard in the mouth and test for a secure, comfortable fit.

- 9 If mouthguard does not fit comfortably, or does not stay in place (A suitably-fitted mouthguard should withstand for 20-30 seconds without falling out), allow a few minutes to rest before repeating procedures 1-7(procedures 5 and 6 are the most important steps).



**20-30**  
sec

- 10 Only if necessary, B Carefully use a pair of scissors to trim off small pieces.



SCISSORS  
ONLY