

- 4) Place the mouthguard in the mouth and
- 5) Holding the mouthguard in mould to teeth shape the Mouthguard
- 6) Replace the mouthguard back into hot water and place in the mouth.
- 7) Instantly secure the mouthguard by pressing the back of the upper teeth and suck the roof and palate
- 8) Finally when fitting is complete place in cold water
- 9) For young people who are growing new teeth require reheating and remoulding from time to time
- 10) Inspect mouthguard visually before use. Discard if damaged immediately.



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