



MOUTHGUARD FITTING INSTRUCTIONS

THINGS YOU NEED

- Microwave (1100+ watts)
- Wet Paper Towel
- Bowl of Cold Water

Adult supervision recommended for children ages 10 & under.

01



WRAP wet paper towel completely around mouthguard. If applicable, do not wrap the strap.

02



MICROWAVE on high for 30 seconds. Remove with caution: Mouthguard and paper towel will be hot.

03



PLACE wrapped mouthguard in cold water for 3-5 seconds.

04



UNWRAP mouthguard, place in mouth and bite down lightly.

05



PRESS front of mouthguard against teeth. To fit to upper teeth, **apply pressure from tongue** to roof of mouth.

*If you have braces, do **NOT** press front of mouthguard against teeth.*

06



CLOSE lips and suck for one minute to ensure a tight, comfortable fit.

*If you have braces, do **NOT** suck. Mouthguard will form naturally around braces.*

ADDITIONAL NOTES

- After molding, mouthguard will settle into an even more secure fit
- Dishwasher safe
- Remoldable



REFINING TIPS

- To shorten mouthguard, trim the back/molar edges and repeat fitting instructions
- To lengthen mouthguard, pinch the back/molar edges, gently stretch and repeat fitting instructions

