

MOUTHGUARD FIT 7

THINGS YOU NEED • Microwave (1100+ watts) • Wet Paper Towel

- Bowl of Cold Water

Adult supervision recommende for children ages 10 & under.

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

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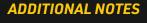
MICROWAVE on high for 30 second Remove with caution: Mouthguard and paper towel will be hot.

PLACE wrapped mouthguard in cold water for 3-5 seconds

UNWRAP mouthguard, place in mouth and bite down lightly.

ard against PRESS front of mouthguard against teeth. To fit to upper teeth, **apply** pressure from tongue to roof of mouth. lf you have braces, do **NOT** press front of mouthguard against teeth

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.



After molding, mouthguard will settle into an even more secure fit

Dishwasher safe Remoldable





- 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 b ar

