

FITTING INSTRUCTIONS –

1. Bring water to a boil. Remove water from heat source. Immediately place mouthguard in water for 12 seconds (adult size) or 10 seconds (youth size). **DO NOT EXCEED BOILING TIME.** Carefully remove mouthguard from boiling water with a slotted spoon.
2. Lick your lips before placing mouthguard in your mouth. Carefully place mouthguard around all upper teeth. Bite down firmly and push tongue against roof of mouth. With a strong sucking motion, draw out all air and water. Use fingers to press mouthguard tight against your gums.
3. Rinse under cold water for 30 seconds to set.
4. If you do not get a proper fit the first time, repeat procedure.
5. To remove excess material that causes discomfort, you can trim your mouthguard with a small scissors.