

Fitting Instructions

NB: Instructions for adults only - this process should not be undertaken by children

**Please read all instructions before proceeding.
Exercise caution when using boiling water.**

- 1** Prepare boiling water for moulding process and also have cold water ready for cooling (after moulding and fitting is complete).
- 2** Place mouthguard into a container of freshly boiled water for 15 seconds
- 3** Remove mouthguard from hot water carefully with a fork, tongs or similar. Allow to cool slightly until comfortable to handle and then carefully place into the mouth, pressing with fingers against upper teeth. Bite gently and suck out all the air and water for a tight fit around teeth.
- 4** Do not bite too hard, lightly will be enough to ensure you create an impression of your upper teeth in the gel lining. Use your fingers to press edges of mouthguard through lips and cheeks against your teeth and gumline.
- 5** Remove the mouthguard and place in cold water to set.

If unhappy with the fit, repeat steps 1 through 5 until satisfied.

