



Sports Guard

Instructions for use

1. Place the mouthguard in hot water for 60 seconds. **DO NOT USE BOILING WATER.**
2. After 60 seconds, **IMMEDIATELY** place the mouthguard in the mouth. Once in position, bite into the guard firmly, bringing the upper and lower teeth together. Press the tongue against the back of the upper teeth and suck out all the air and water until a tight fit is felt throughout the mouth.
3. While biting firmly, use the thumbs to create a constant pressure on the outer walls; this will lessen the gap between the gum tissue and the outer wall. The shaping and custom contouring should continue for 45 seconds to guarantee a custom fit.
4. After 45 seconds, remove the guard from the mouth and immediately place in cold water.
5. We do not recommend that you reform this mouthguard more than four times.

Helpful suggestions

- Rinse with cool water after each use.
- Do not leave in direct sunlight.
- Moisten the tip of strap and insert into adjustable slots for easy fastening.
- To keep the guard fresh, dip it in mouthwash between uses.
- Store in a cool dry place.