

WARNING!

NOT FOR USE WITH BRACES

DO NOT CHEW YOUR MOUTHGUARD

In order for a mouthguard to protect, fit, and last it must be worn properly on your teeth and gums as indicated in the fitting instructions. If any mouthguard is chewed or not worn properly, its protection, fit and durability will be greatly diminished.

TO FIT THIS MOUTHGUARD YOU WILL NEED:

- > Gel Nano Mouthguard
- > Cold tap water
- > Saucepan
- > Mirror
- > Boiling water
- > A clock or watch with second hand
- > Slotted spoon

FITTING INSTRUCTIONS:

1. Fill saucepan with 3 to 4 inches of water. Bring water to a boil.
2. Plug the helmet tether strap into front of mouthguard.
3. Remove water from heat source. Let water stand for 30 seconds, then place mouthguard in water for 90 seconds. Do not exceed 90 seconds.
4. Carefully remove mouthguard from hot water with a slotted spoon. Do not remove tether.
5. Cool mouthguard under tap water for 1-2 seconds only to bring surface temperature to a comfortable level.
6. Lick your lips before placing mouthguard in your mouth.
7. Watching in mirror, line up mouthguard carefully with the centerline of upper teeth. Fit mouthguard onto and around upper teeth and press firmly into molars first then front teeth. Do not remove tether.
8. Bring lower jaw forward and up into base of mouthguard with teeth in alignment with lower channel.
9. Close mouth while biting down hard on mouthguard. Suck in strongly and use fingers to press edges of mouthguard onto teeth and roof of mouth through lips and cheeks for 20 seconds.
10. Remove mouthguard and cool under tap water for 30 seconds. Replace into mouth and test for a good, firm fit.
11. Repeat steps 1 through 10 if fit is not accurate.
12. Tether may now be removed.

