

**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:**

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

**FITTING INSTRUCTIONS:**

1. Fill saucepan with 3 to 4 inches of water. Bring water to a boil.
2. Remove water from heat source. Immediately place mouthguard (tongue tag down) in water for 90-120 seconds. Do not remove before 90 seconds.
3. Carefully remove mouthguard from hot water with a slotted spoon.
4. Cool mouthguard under tap water for 1-2 seconds only to bring surface temperature to a comfortable level.
5. Lick your lips before placing mouthguard in your mouth.
6. Watching in mirror, line up mouthguard carefully with the centerline of upper teeth - use tongue tag to center mouthguard. Fit mouthguard onto and around upper teeth (tongue tag upward) and press firmly into molars first then front teeth.
7. Bring lower jaw forward and up into base of mouthguard with teeth in alignment with lower channel.
8. Put tip of tongue on tongue tag end and close mouth while biting down hard on mouthguard. Suck in strongly and use fingers to press edges of mouthguard into teeth and gum line through lips and cheeks for 20 seconds.
9. Remove mouthguard and cool under tap water for 30 seconds. Replace into mouth and test for a good, firm fit.
10. Repeat steps 1 through 9 if fit is not accurate.

