

**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:**

- > Nano 3D Mouthguard
- > Mirror
- > Saucepan
- > Cup of cold water and ice (Fill cup half way with ice and fill rest with water to cover ice)
- > Boiling water
- > A clock or watch with second hand
- > Slotted spoon

**PLEASE READ ALL INSTRUCTIONS BEFORE FITTING:**

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 40 seconds. Do not exceed 40 seconds!
4. Carefully remove mouthguard from hot water with a slotted spoon. Do not remove tether.
5. Cool mouthguard under tap water for 1 to 2 seconds. (NOT the cup with ice and water)
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 continually press front and sides of mouthguard onto teeth through lips and cheeks for 30 seconds. Leave in mouth for another 30 seconds to cool.
10. Remove from mouth and completely immerse the mouthguard in the cup with ice and cold water and let cool for 2 minutes. Replace into mouth and test for tight fit.
11. Repeat steps 1 through 10 if fit is not accurate.
12. Tether may now be removed.