

## MOUTH GUARD INSTRUCTIONS

1. Bring a small pot of water to a full boil. Next to the boiling water, place a container of cold water, deep enough to dip the mouth guard into.
2. Drop the mouth guard into the boiling water for 30 seconds. Remove with tongs. Dip the mouth guard into cold water for 1 second.
3. Immediately place the mouth guard around the upper teeth. The mouth guard will be warm but will not burn. Instantly secure guard by pressing tongue against the back of the upper teeth and press the back of the mouth guard with thumbs into upper teeth. Leave the guard in mouth for 30 seconds. Bite gently and suck all air and water out until a tight fit forms around upper teeth.
4. Remove mouth guard and place in cold water. If you do not get a tight fit, repeat the procedure. For smaller mouths, the guard can be shortened by cutting along the rib marks, just above the arrows, as indicated with sharp scissors.

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