



## MOUTHGUARD INSTRUCTIONS

- 1)** Drop mouthguard into boiling water, wait for 7 seconds. Remove with tongs.
- 2)** Place mouthguard immediately around upper teeth (mouthguard will be warm but will not burn). Instantly, press tongue against the back of the upper teeth. While holding the guard firmly in this position, suck out all the air and water until it comes to a tight fit around the upper teeth.
- 3)** Remove from mouth and place under cold tap water. If you do not get tight fit, repeat the procedure. For smaller mouths, trim off ends before forming.