

Great Lakes Ortho Mouthguard Fitting Instructions

IMPORTANT: Read all directions before fitting.

Note: Exercise caution when using boiling water. Fit mouthguard in front of mirror.

- 1) Boil water. Remove from heat. Let boiled water stand for 30 seconds. Place mouthguard in hot water for 35 seconds. (Time with second hand.)
- 2) Remove the mouthguard from the HOT water with tongs or a spoon. IMMEDIATELY, place the guard in the mouth while looking in the mirror. Center channel around the upper teeth. (The guard will be warm, but will not burn.)
- 3) When the upper teeth are centered in the channel, bite gently into the guard and suck out the air and water in the guard by pressing the tongue against the back of the upper teeth.
- 4) Leave guard in mouth for 30 seconds, then remove and place under running cold water.

HELPFUL HINTS

- 1) If you do not get a good fit the first time the mouthguard is formed, repeat the fitting procedure.
- 2) To clean, brush with toothpaste and rinse with water.
- 3) If mouthguard is too large, trim before fitting.