



MOLDING A MOUTHPIECE

Follow the manufacturer's directions. If you have lost the directions or need to re-mold a mouthpiece for which the directions are unavailable, try the following:

1. Boil a container of water deep enough to fit the "mouth" section of the mouthpiece. Have a cold container of water nearby.
2. Immerse the mouthpiece in the water for 30-35 seconds.
3. Remove from boiling water and place in the cold water for an instant.
4. Remove quickly and place over upper teeth.
5. With mouthguard in position, place tongue against roof of mouth and suck out all excess water and air.
6. Bite lightly with back teeth.
7. Remove and put into cold water. When cooled, check fit.
8. Repeat if necessary.