

GEL MAX FLAVOR FUSION



FITTING INSTRUCTIONS

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:

- > Mouthguard
- > Saucepan
- > Water
- > Clock or watch
- with second hand
- > Slotted Spoon
- > Mirror
- > Cold tap water

FITTING INSTRUCTIONS:

Insert Tether into Gel Max Flavor Fusion Strapped mouthguard as an aid in holding the mouthguard in hot water. For a Strapless version, use a slotted spoon to insert and remove mouthguard from hot water.

1. Boil at least 4 cups of water in a sauce pan or similar. The water must reach a rolling boil.
2. When water reaches rolling boil, remove pan from heat source. Let water stand for 20 seconds before immersing mouthguard
3. Immerse the mouthguard into the hot water, holding it under water with the mouthguard tether as a handle, or with the tip of the slotted spoon. Turn the mouthguard so the gel layer is facing down (this is not necessary, but is recommended.)
4. Carefully remove mouthguard from hot water with a slotted spoon after 60 seconds and shake excess water from mouthguard
5. Lick your lips before placing mouthguard in your mouth.
6. Watching in mirror, line up mouthguard carefully with the centerline of upper teeth. Fit mouthguard onto and around upper teeth. Press bottom of mouthguard into upper teeth, also pressing thumb into front of arch, behind front teeth, up to palate.
7. Bit down firmly with mouth closed. Suck in strongly and press along lips and cheeks to help form the mouthguard around the teeth.
8. Continue to wear mouthguard for at least 45 seconds and then remove. The mouthguard can be immersed into cold water with ice cubes to speed cooling, but mouthguard will have it's best retention and fit once it cools and sets after a few hours.
9. Repeat steps 1 through 8 if fit is not accurate.

NOTE: Mouthguards are best stored in mouthguard cases while not in use. Clean your mouthguard regularly by washing under hot water. If using soap, rinse the mouthguard thoroughly before wearing.