

## **INSTRUCTION FOR MOULDING MOUTHGUARD**

The mouthguard we have provided for you offers more shock absorption than other 'boil and bite' mouthguards available due to the numerous air pockets positioned around the front of the teeth.

1. To mould your mouthguard to the shape of your teeth start by placing it in your mouth and trimming the ends that dig in to the back of your mouth. Try not to cut into the air pockets because if they are opened up it is difficult to keep the pockets clean and hygienic.

2. Place the mouthguard in a mug of boiling water for approximately 10 seconds (this is just an estimate). The mouthguard should be soft enough to mould but not so it turns floppy.

3. Place the softened mouthguard into your mouth and bite into it gently and firmly push your top lip onto your teeth. This will ensure that the mouth guard moulds around the braces and fits to your teeth securely.

4. When the mouthguard is moulded leave it in your mouth for a further minute. When you remove it, hold it under running **cold** water to set it.

You will need to reshape the mouthguard approximately once a month (about a week after your adjustment), or when it doesn't fit properly.