

# GEL MAX and GEL MAX LIP GUARD

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:**

- > Gel Max or Gel Max Lip Guard Mouthguard
- > Slotted spoon
- > Saucepan
- > Cold tap water
- > Boiling water
- > Mirror
- > A clock or watch with second hand

## **FITTING INSTRUCTIONS:**

1. Fill saucepan with 3 to 4 inches of water. Bring water to a boil.
2. Remove water from heat source. Let water stand for 30 seconds, then place mouthguard in water for 90 seconds. Do not exceed 90 seconds.
3. Carefully remove mouthguard from hot water with a slotted spoon.
4. Cool mouthguard under tap water for 1-2 seconds only to bring surface temperature to a comfortable level.
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 and press firmly into molars first then front teeth.
7. Bring lower jaw forward and up into base of mouthguard with teeth in alignment with lower channel. Bite down hard on mouthguard, suck in strongly, and use fingers to press edges of mouthguard into teeth and gum line through lips and cheeks for 20 seconds.
8. Remove mouthguard and cool under tap water for 30 seconds. Replace into mouth and test for a good, firm fit.
9. Repeat steps 1 through 8 if fit is not accurate.