

BOIL AND BITE INSTRUCTIONS

1. BRING WATER TO A BOIL
2. TURN STOVE OFF AND REMOVE POT FROM STOVE
3. PLACE MOUTH GUARD IN WATER AND LET SIT FOR 45 SECONDS
4. REMOVE MOUTH GUARD FROM WATER IMMEDIATELY DROP IN COOL WATER AND IMMEDIATELY REMOVE.
5. PLACE IN MOUTH AND BITE DOWN WHILE SUCKING ON THE MOUTH GUARD.
6. IF 45 SECONDS WAS NOT LONG ENOUGH THEN REPEAT THE PROCESS BUT DECREASE THE AMOUNT OF TIME TO 10 SECOND INCREMENTS.

IF YOU HAVE ANY QUESTIONS AT ALL PLEASE TXT OR EMAIL ME. MY NUMBER IS ON THE WEBSITE AS WELL AS MY EMAIL. THANK YOU FOR PURCHASING A MOUTH GUARD WITH PYTHON GUARDS.