INSTRUCTIONS FOR LOWER BITE

1. Boil a bowl or pan of water.
2. Take kitchen tongs and grip back part of mouth guard.
3. Dip BOTTOM BITING SURFACE ONLY of mouth guard in “BOILED” water for approx. 15-25 seconds. This will soften material to imprint your lower bite.
4. Put your mouth guard in your upper arch and bite down “GENTLY” (approx. 1-2mm deep) and leave for 20 seconds to cool.
5. If material is too hard to bite down on, repeat above steps and increase dipping time in “BOILED” water.
6. Once lower bite is finished, clean up and don’t forget to turn everything “OFF”.