

SUPERFIT BASKETBALL [CLEAR]



FITTING INSTRUCTIONS

WARNING!

ALWAYS protect mouthguard from heat environments such as hot dashboards and hot car interiors.

NEVER CHEW or DISTORT mouthguard which can damage it and reduce fit and effectiveness.

STORE at Room Temperature, preferably in a clean mouthguard case.

CLEAN and Rinse after each use.

TO FIT THIS MOUTHGUARD YOU WILL NEED:

- > Temperature strip included with instructions
- > Slotted spoon if desired
- > Mirror
- > 8" or larger pot
- > Thermometer if desired

FITTING INSTRUCTIONS:

1. Heat at least 4 inches of water in an 8" wide or larger pot. Hold the included Temperature Strip in the water with the 150 mark under the surface.
2. The water is at the correct temperature when a Dark Blue colored rectangle is seen emerging behind the 150 mark. Wait so the water is not hotter than the 150 degrees indicated and then set the temp strip aside.
3. Immerse the mouthguard, upside down, in the water for 60 seconds and then flip it over in the water for another 60 seconds.
4. Remove the mouthguard from the pot and shake the water off of it. It will be easy to handle and not too hot.
5. While facing mirror center and align the mouthguard over the top teeth and bite down firmly.

6. Open mouth in 5 seconds. Using your fingers, push the inside center of the mouthguard against the roof of the mouth and press into inside and outside of teeth and then bite down firmly again.

7. With your mouth closed, press around the front of the mouthguard perimeter area while pressing tongue against the inside and sucking in air to create a vacuum for a tight fit.

8. Keep mouthguard in mouth and continue to press and maintain pressure inside for at least another 90 seconds. Cold water may be sipped to help cool the mouth guard and shrink it to a tighter fit.
9. Remove the mouthguard and immerse in ice cold water for one minute. Try mouthguard on again to check fit.
10. Repeat steps 1-9 to reform or adjust fit if desired.