



## HOW TO CUSTOM FIT THE EVERGUARD™ DOUBLE MOUTHPIECE

**Note:** Be sure to read these instructions carefully before fitting the mouthpiece.

1) **Do not remove the red plug** from the mouthpiece. It must remain in the mouthpiece during the molding process to insure proper fit.

2) Place the mouthpiece in your mouth and bite down gently. If the mouthpiece presses on the back of your mouth, it is necessary to trim the back of the mouthpiece. To trim, use scissors and cut carefully along the first guide marking. Start trimming from the back end of the mouthpiece. Place the mouthpiece in your mouth again and check to see if it is now comfortable. If it continues to press on the back of your mouth, repeat the trimming process until the mouthpiece fits your teeth, gums and mouth comfortably.

3) Fill a pot with enough water to completely submerge the mouthpiece. Bring the water to a rapid boil. Fill a second container with enough **COLD** water to completely submerge the mouthpiece.

4) Remove the pot of boiling water from the heat. Set the container of cold water near the boiling water. Use a metal tablespoon to submerge the mouthpiece into the boiling water. Be sure that immediately after **Ten Seconds** you use the metal spoon to quickly remove the mouthpiece from the boiling water and **Immediately** place it into the cold water for only **Two Seconds**. (Note: The mouthpiece will be distorted if left in boiling water in excess of ten seconds.)

5) Shake off excess water and immediately insert mouthpiece into your mouth.

6) Mold the mouthpiece to your teeth and gums by gently biting down on the mouthpiece. Suck on the mouthpiece to mold it to the front of your teeth, while pressing the mouthpiece with your tongue to mold it to the back of your teeth. Be careful not to bite through the mouthpiece. Mold the mouthpiece to your mouth by biting down gently but firmly for at least one minute.

7) Remove the mouthpiece and cool it in cold water for approximately one minute.

8) Check the fit of the mouthpiece. If the fit is not comfortable, repeat the fitting process beginning with step 3.

9) If the mouthpiece fits comfortably, then remove and discard the red plug. **Note: The red plug must be removed when using the mouthpiece.**

After using the mouthpiece, it should be rinsed in cold water or a mouth wash and stored in a plastic container.

**Warning:** If you intend to use this mouthpiece while wearing a dental appliance, consult a dentist to be sure you are not risking breakage of such an appliance. All contact sports subject the user of this product to potential serious injuries. This product will provide a degree of protection but is not warranted to protect the user from injury. Users of this product must assume all risks of injury.