

Instructions for Molding Mouth Guard

CAUTION: Burns can result from incorrect handling

1. Start by placing the mouth guard in your mouth and trimming the ends if they dig in to the back of your mouth. Take care to not cut into the air pockets in the mouth guard because if they are opened up it is difficult to keep these pockets clean.
2. Place the mouth guard in a mug of boiling water until it softens (approximately 10 seconds). The mouth guard should be soft enough to mold but not so that it becomes floppy.
3. Take the mouth guard out of the boiling water and let cool for a further few seconds. It should not be so hot that it burns.
4. Place the softened mouth guard into your mouth and bite into it gently then firmly push your top lip onto your teeth. This will ensure that the mouth guard molds around the braces and fits to your teeth securely.
5. When the mouth guard is molded, leave it in your mouth for a further minute.
6. Remove the mouth guard and hold it under running cold water to set it.

You will need to reshape the mouth guard about a week after each adjustment appointment (approximately every 6 weeks) or when it no longer fits properly.