

R45791

Riddell®

PROTECT. PERFORM.™

Mouth Guard Instructions

1. Bring small pot of water to a full boil. Next to the pot of boiling water place a container of cold water.
2. Drop mouthguard into boiling water for 30 seconds. Remove with tongs. Dip the mouthguard into the cold water for 1 second.
3. Immediately place mouthguard around upper teeth. Mouthguard will be warm but will not burn. Instantly secure guard by pressing tongue against back of upper teeth and press the back of the mouthguard with thumbs up into the teeth. Leave guard in mouth for 30 seconds. Bite gently and suck all air and water out until a tight fit forms around upper teeth.
4. Remove mouthguard and place in cold water. If you do not get a tight fit, repeat procedure. For smaller mouths, guard maybe shortened by cutting along rib marks just above arrow as indicated with sharp scissors.

