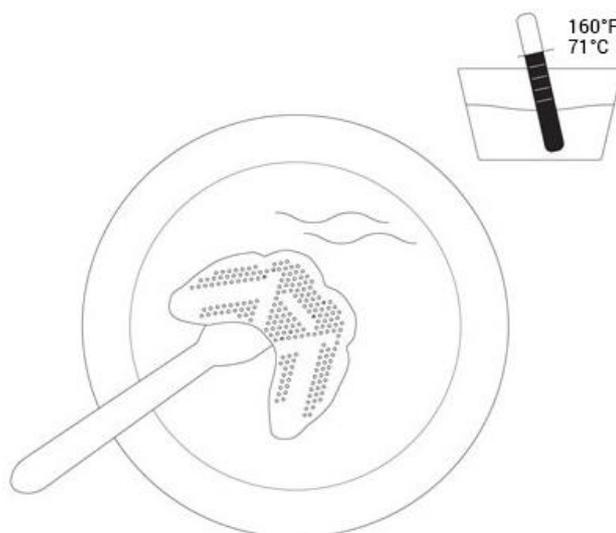


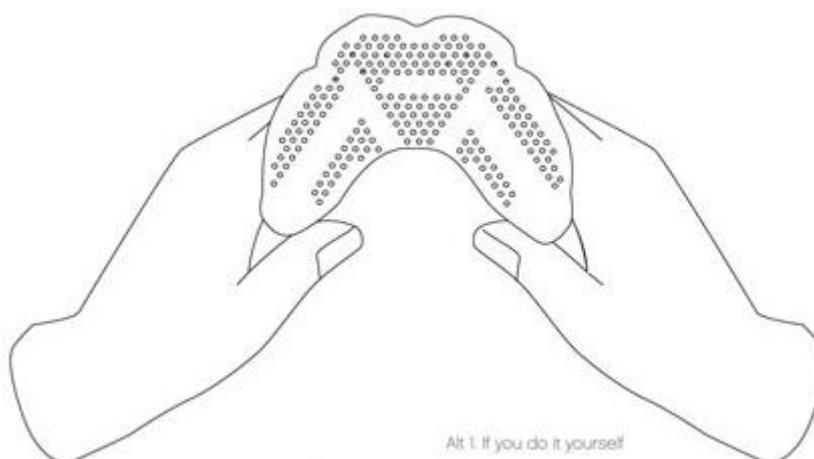
SISU MOUTHGUARDS

QUICK – FIT GUIDE:

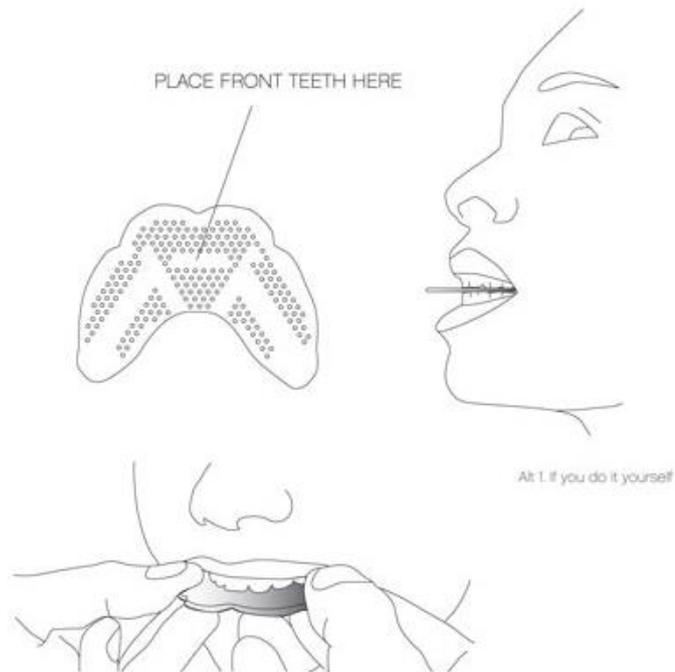
1. Wash your hands and the SISU Mouthguard with soap and water. Heat water in a small bowl until hot to the touch (71°C). Place your SISU Mouthguard into the hot water until soft and pliable, approx. 30–60 seconds (use utensil to determine softness).
2. Once soft, use the utensil to carefully lift the SISU Mouthguard out of the water. DO NOT let the softened mouthguard fold in itself the material will glue together, making it difficult to reshape.



3. Balancing the pliable guard with your thumbs, lean in toward the mirror and open your mouth just wide enough to insert the guard. Insert the SISU Mouthguard and bite down gently on the bite pad in the middle of the guard.



4. Hold the mouthguard in place using your teeth and tongue. With your fingers, fold the guard straight up. Be sure to mold the guard up to the gum line on the front and sides of your teeth to create a solid shield.



5. Once the SISU mouthguard is in the proper position, close your lips over the guard and gently create suction until the material has hardened to a snug, perfect fit. Leave the guard in your mouth for 3-5 minutes to allow time to set.

