



FITTING INSTRUCTIONS

We recommend adult supervision for child fittings. Recommended for ages 10 and up.

Boiled Water

What you need: pot, bowl of cold tap water, slotted spoon or fork, heater/gas or electric* stove, a mirror.

1. Place the CustMbite MVP face down in the boiled water for **30 seconds**.
2. Remove the mouthguard from water with a slotted spoon or fork and dip into the cold water for **3-5 seconds**.
3. Using a mirror carefully place the mouthguard in the mouth, lining up the mouthguard with the center of the teeth.
4. Close your mouth and suck hard on the mouthguard, pull your lips together move them around and push your tongue up on the roof of your mouth until it has molded into the shape of your upper teeth. **DO NOT BITE DOWN ON THE MOUTHGUARD**
5. Leave the CustMbite MVP in your mouth for a total of **2 minutes**. Remove the mouthguard and place in a bowl cold water. In 5 minutes you will have a final snug fit comparable to a dentist-office custom made mouthguard.

If fitting over orthodontic braces, do not suck on the mouthguard or pull your lips together during forming.

Microwave (Microwave needs to be 1100 watts or more to be effective)

What you need: Microwave on the highest setting, bowl of cold tap water, large paper towel, slotted spoon or fork, a mirror.

1. Wrap the CustMbite MVP mouthguard in a wet paper towel. Do not wrap the strap if present. Place on a microwave safe dish.
2. Place the dish with the wrapped mouthguard in a microwave on high setting for **1 minute** – (**Caution: Dish and Paper towel may be hot.**)
3. Place the mouthguard still wrapped in the paper towel – in cold water for **3-5 seconds**. Unwrap the MVP from the paper towel. Using a mirror carefully place the mouthguard in the mouth, lining up the mouthguard with the center of the teeth. **DO NOT BITE DOWN ON THE MOUTHGUARD**
4. Close your mouth and suck hard on the mouthguard pull your lips together move them around and push your tongue up on the roof of your mouth until it has molded into the shape of your upper teeth. Leave in your mouth for a total of **2 minutes**. In 5 minutes you will have a final snug fit comparable to a dentist-office custom made mouthguard.

If fitting over orthodontic braces, do not suck on the mouthguard or pull your lips together during forming.

Note: The CustMbite MVP mouthguard can be reformed at any time if the fit needs to be refined. If the mouthguard is too long you may shorten it by trimming before fitting. Heat the mouthguard and trim as needed. Let it cool completely, reheat then proceed with the fitting process. If the mouthguard is too short you may stretch it after heating it. Grab the back ends of the mouthguard and gently stretch the material, then proceed with the fitting.