

FITTING INSTRUCTIONS FOR GENERAL USE (NO ORTHODONTICS)

- Please read and ensure you understand these instructions before fitting.
- The mouthguard is for one person only. It is not transferable.
- It may take a couple of fitting attempts to achieve the ideal fit.
- Use boiling water from a freshly boiled kettle or saucepan on a stovetop.

Please note: Wall-mounted hot water units do not get hot enough.

IMPORTANT: BEFORE FITTING YOUR BRAND NEW NEOMORPH MOUTHGUARD

If this is your first fit of a brand-new NeoMorph Mouthguard, you will need to "prime" it before fitting. Priming assists in transferring heat into the "bite" section and gives you the best chance of achieving a good fit straight away. This is generally only required once, or until you can see clear teeth imprints in the biting surface.

To prime your NeoMorph Mouthguard simply follow points 1 - 4, then rest the guard on a dry flat surface for 20 seconds. After resting for 20 seconds place the mouthguard back into the same bowl of hot boiled water for another 20 seconds. Remove and continue on from point 5 to fit your guard.

YOU WILL NEED

- > Ceramic bowl
- > Kettle/Saucepan to boil water and a responsible adult to handle hot water

- > NeoMorph Mouthguard
- > Fork
- > Mirror

1. The NeoMorph Mouthguard is a non-sterile product so ensure you wash your hands and the guard with soap and water prior to use. Familiarise yourself with the "V" at the front of the guard - this is the midline.

2. Boil the kettle/saucepan and carefully pour the **freshly boiled water** into a small ceramic bowl.

3. Place mouthguard (facing upwards) into the bowl for 20 seconds. It is important that the guard is only in the hot water for 20 seconds.



4. Remove the guard from the hot water using the fork. Handle gently and do not allow the guard to fold in on itself or the material may stick together. The guard should be warm to touch but not uncomfortable.

*****If this is a new NeoMorph Mouthguard now is the time to rest it for 20 seconds, then repeat points 3 & 4. This is called "priming" your mouthguard and once done then continue on to pt 5 to fit your guard.**

*****If this is a re-mould of a previously well-fitting NeoMorph Mouthguard go directly to pt 5 to refit.**

5. Looking into the mirror, line up the "V" midline section between your top front teeth.

- > use finger pressure to press on the front of the mouthguard, the biting surfaces and around the sides. Make sure there is enough mouthguard covering the outer sides of the teeth

- > bite together firmly on your back teeth

- > press your tongue firmly to the roof of your mouth, against the insides of your front teeth and side teeth

- > using **firm finger pressure**, press on the **outside and the inside** of your teeth for 60 seconds to mould the mouthguard securely around your teeth



- > once the guard is formed closely around your teeth, bite together, close your lips over the guard and suck / swallow all of the air and saliva from your mouth to form a vacuum



- > press on the outside of your lips and cheeks to further form a snug custom fit



- 6. Continue sucking in to form a vacuum for another 60 seconds. This will help with a secure custom fit and allows the NCore® (internal inlay) to harden.



- 7. Remove the mouthguard by placing fingers at the top border of the guard and pull the mouthguard directly down.



- 8. Place your NeoMorph Mouthguard into cold water for 2 mins.



- 9. When time is up remove guard from cold water, place back into mouth and check that it adequately covers the outside of your teeth. Ensure the NeoMorph Mouthguard is comfortable and fits securely so it won't dislodge on impact - you should not be able to easily remove your guard from behind your front teeth with your tongue, and when closing your teeth together your guard should feel even. If you can remove the mouthguard easily with your tongue then it is not tight enough and you should repeat the fitting process for a tighter fit.

- 10. If there are any areas that you are not entirely happy with, you can "adjust" those sections by placing the localised sections into freshly boiled water - you do not have to heat the entire mouthguard for adjustments.



N.B. Alterations can be made throughout the season by repeating the above instructions.

WANT MORE HELP? NeoMorph Mouthguards are designed to fit easily, but for people who prefer to learn by observation, there is an instructional video on our website with 'tricks and tips' to help you with the perfect fit. Visit us at www.neomorphmouthguards.com

CLEANING + STORAGE

- Rinse mouthguard with cool, fresh water after each use (do not exceed 35 °C / 95 °F).
- Clean with a soft toothbrush and either soap or non-abrasive toothpaste.
- Dry completely and store in the provided case (write your details on the label).
- Store at room temperature, in dry conditions.
- Avoid warm environments (e.g., hot car dashboards).
- ☒ Keep out of direct sunlight.

DO NOT DO ANY OF THE FOLLOWING: Do not soak mouthguard overnight. Do not use alcohol-based cleaners, hand sanitiser, dishwashing/laundry soap, bleach, or denture tablets. Do not put the mouthguard in the dishwasher/washing machine.