

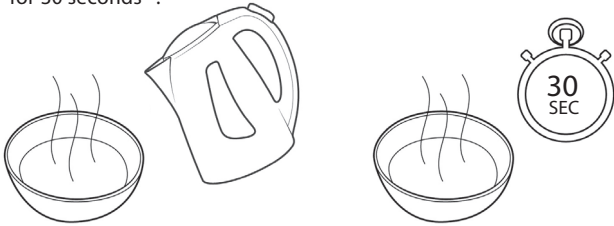
### How to Form your Adult or Junior Gumshield:

**Warning:**  
Boiling water, minors must be supervised at all times.

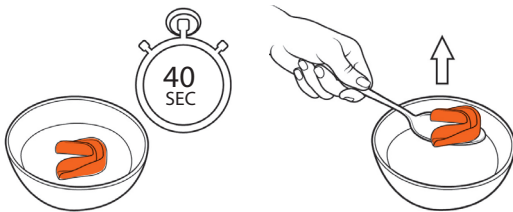


### 1 Forming the Gumshield

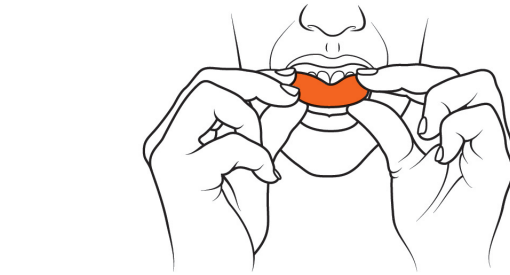
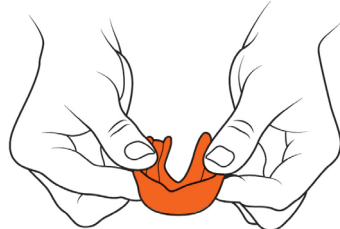
- a. Fill a suitable container with boiling water and allow to cool for 30 seconds .



- b. Place the gumshield in the water for 40 seconds . Do not exceed this time . Remove with a suitable utensil.

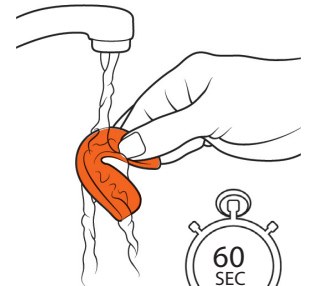


- c. The gumshield should look and feel soft and pliable. If not replace the gumshield in the water for a further 10 seconds. Please note: if the water has cooled too much then the gumshield will not get soft enough to mould, if you are not having any success start again with freshly boiled water.



- d. Before moulding allow the gumshield to cool to a suitable level. Carefully place the gumshield around the upper teeth, bite down firmly, while sucking in strongly, and use your fingers to press the edges of the gumshield into your teeth and gums. Continue this process for 30 seconds.

- e. Remove the gumshield and cool under a running cold tap for 60 seconds . The gumshield must be cold before replacing in the mouth.



- f. Replace the gumshield into the mouth and test for fit and retention. The gum shield should not fall out of its own accord, and should feel comfortable; if this is not the case then the above steps can be repeated.

If after repeating the moulding process discomfort is still experienced, do not use.

### 2 Important Warnings

- Do not chew your gumshield
- Do not wear your gumshield if it is showing signs of wear, cracks or splits, if this is the case please dispose of your gum shield and replace with a new one
- Do not allow any person other than the named user to use the gumshield
- Do not expose your gumshield to extreme heat or direct sunlight, always store in the box when not in use
- Parents – please check the fit of your child’s gum shield regularly to ensure that it is not conflicting with the development of the mouth and teeth
- If you have a brace or other device fitted to your teeth it is advised to consult your dental surgeon or orthodontist as to the suitability of the gumshield. Never wear a gumshield with a brace unless it has been approved by the person fitting the brace
- The gumshields are only to be used as an item of personal protective equipment and should not be used for any other purpose, such as a snore guard, or device to prevent teeth grinding .

### 3 Storage of your Gumshield:

- Always clean your gumshield with cold water following use
- Do not use mouthwashes, toothpaste or other detergents
- Clean the gumshield box with warm water. Always ensure that your gumshield is dry before storing in the box
- Always keep your gumshield in its box when not in use
- Inscribe the user’s name indelibly on the gumshield box

In the event that you need to return the gumshield, please ensure that it is returned in its original packaging, together with all documentation. Each gumshield box is marked with the manufacturer’s batch number to aid traceability.

The gumshields have been tested in accordance with BSI DD 253:2001 and are fully CE compliant; a copy of our certificate is available to download from our website.