

SISU

FITTING INSTRUCTIONS

WHAT YOU WILL NEED:

Bowl

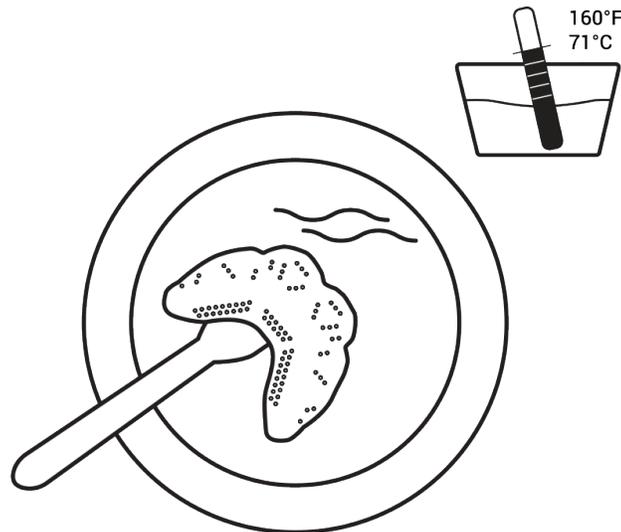
Hot – but not boiling – water (160 °F)

Fork or similar utensil

Mirror

INSTRUCTIONS:

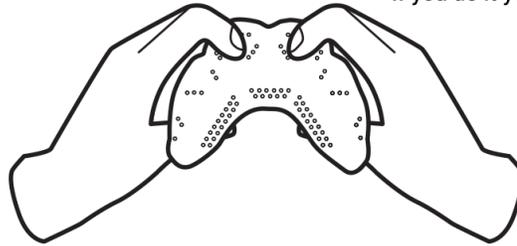
1. Wash your hands and the material with soap and water.



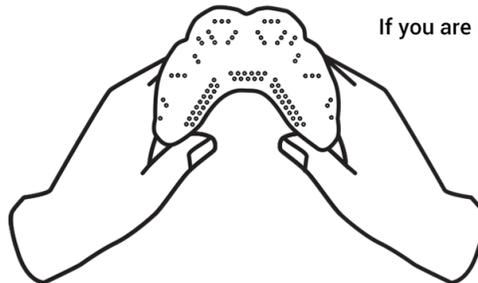
2. Heat water in a small bowl to approximately 160 °F/ 71 °C (hot to the touch, but not boiling).

3. Place your SISU into the hot water and wait until it becomes soft and pliable (use a fork or other utensil to determine mouthguard softness).

If you do it yourself

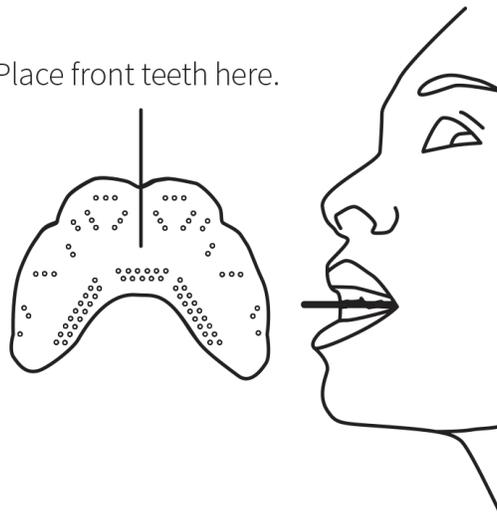


If you are helping someone



4. Once soft, carefully lift the SISU out of the water with a fork. It's essential that you do not let the softened guard fold on itself. The material will glue together, making it difficult to reshape.

Place front teeth here.



5. Balancing the pliable mouthguard with your thumbs, tilt your head back and open your mouth widely. Using a mirror, insert the mouthguard and bite down gently on the solid bar in the middle of the SISU – just enough to keep the guard in place.



6. Press your tongue to the roof of your mouth while flipping up the softened material to your front teeth. Then starting at the back of your mouth, use your fingertips to mold the material up against your teeth moving from back to front – covering the outside of your teeth to create a solid shield.



7. Once the material is completely molded, close your lips over the mouthguard and gently suck in air until the material has hardened to a snug, perfect fit.

Did you mess up? Unhappy with your fit? Had so much fun that you want to do it all over again? NO PROBLEM! Every SISU guard is remoldable up to 20 times. Simply place your formed SISU back in the hot water, let it soften and straighten out, and there you go! Time for Round 2.

Here's a list of things to consider when fitting your SISU!

DO THIS:

Use water that is hot to the touch to activate your mouthguard Mold your SISU around all of your teeth (including molars) Mold and stretch the material to cover entire tooth surface area Suck in air gently, creating a snug but still comfortable fit

DON'T DO THIS:

Use boiling water to mold your SISU! Leave your back teeth exposed! Overly stretch the material, creating too-large perforations Suck-in air too enthusiastically, creating a fit that's too tight