

MOUTHGUARD FITTING

NOTE: BEFORE FITTING READ THE FOLLOWING INSTRUCTIONS CAREFULLY. IN THE CASE OF JUNIOR SIZES ADULT SUPERVISION IS RECOMMENDED.

1. Insert mouthguard into your mouth to test the size & fit.
2. If mouthguard is too long, trim the length equally on both sides with a pair of scissors.
3. Insert mouthguard back into mouth, gently biting into place. Practice moulding it to the roof of your mouth with your tongue.
4. Pour boiling water into a strong bowl or mug. (Do not use any other heating method.)

PROMAX II:

- Allow boiling water to cool for 60 seconds before inserting the mouthguard into the water.
- **Fully Submerge** the mouthguard in water for 40 seconds.

CUSTOM PRO III SUPER PRO 3 CUSTOM PRO TEAM PRO ELITE:

- Allow boiling water to cool for 60 seconds before inserting the mouthguard into the water.
- **Fully Submerge** the mouthguard in water for 60 seconds.

COMBAT:

- **Insert black plug into front breathing slots before immersing into hot water.**
- Allow boiling water to cool for 90 seconds before inserting the mouthguard into the water.
- **Fully Submerge** the mouthguard in water for 45 seconds.

5. Remove from bowl or mug with a spoon or fork and drain.
6. Allow mouthguard to cool enough not to burn your lips.
7. Then place into mouth and bite **"FIRMLY" for 45 seconds.** **Using suction, force your tongue up against the roof of your mouth to gain an intimate fit.** At the same time, mould the outside of the mouthguard with your fingers to grip your teeth.
8. Remove "FIRMLY FITTED" mouthguard from your mouth and rinse it with cold water.
9. You can repeat steps 4 to 8 of the process if you feel a more intimate fit is required.
10. **IMPORTANT: For Combat Model: Ensure black plug is removed after fitting.**
11. Sometimes you may notice traces of blood in the mouthguard. This indicates some dental care is required by your dentist.

CARE INSTRUCTIONS

- Wash and rinse your mouthguard in cold water after each use
- Store mouthguard in the hygienic container supplied
- Do not use solvents of any kind
- Do not leave in the sun or hot areas of the car
- After fitting, your mouthguard is moulded to suit your individual mouth shape and is not satisfactory for anybody else
- For maximum protection replace your mouthguard after every season, especially at a Junior level

WARNING Reliance mouthguards cannot stop accidents or damage being done to your mouth, however they are designed to lessen and help protect your teeth from serious damage. It is important to inspect your mouthguard for damage before any use as any damage could impair performance. Always use your mouthguard at training because it is there that a significant number of injuries occur.

For any further inquiries contact: reliance@reliancesport.com.au
ALL MODELS - Both Junior and Senior models are NOT suitable for use with Orthodontic Bands.