



## **MOUTH GUARD PROFESIONAL PASTA**

### **Instructions for adjustment**

1. Carefully remove the flap from the plastic container. Pour all the liquid about the powder in the bowl and mix it with the teaspoon included during 10 o 20 seconds. Remove until all powder is thoroughly mixed and wet.

2. Immediately use the spoon and fill the buccal cavity with the mixture.

Make sure the bed is well filled.

3. Let the pad filled for at least 2 minutes. Will be ready when touching the filling slightly with the finger leaves a mark on it.

4. Place the protector in the mouth, centering the teeth on the upper part. Make this slowly and carefully (take your time, don't do it fast)- do not rush. When the buccal is well positioned, press up the inside part of the tooth protector (inside);

Then press the front of the mouthpiece against the front (outer) teeth.

Gently close your mouth to a comfortable position. Do not bite strong the bucal.

5. Keep the protector in the mouth without touching it for a while, until the bucal is hard.

After this time, remove the protector and rinse with water.

### **Practical tips**

1. Excess material can be cut it with scissors.
2. If the tooth protector is too long, cut the ends parts with scissors. If the bucal has some edge after cut it, you can use a nail file/ emery board.
3. For washing, You got to use hot water and a toothbrush.