

**WARNING!**

**DO NOT CHEW YOUR MOUTHGUARD**

In order for a mouthguard to protect, fit, and last it must be worn properly on your teeth and gums as indicated in the fitting instructions. If any mouthguard is chewed or not worn properly, its protection, fit and durability will be greatly diminished.

**FITTING INSTRUCTIONS:**

Shock Doctor Interchange lip guard includes two pieces:

- > Mouthpiece
- > Shield

1. To attach shield to mouthpiece, **pinch** sides of bite plate areas on mouthpiece
2. **Push** mouthpiece through front opening of shield
3. **Pull** shield on until it locks and aligns to the front of mouthpiece

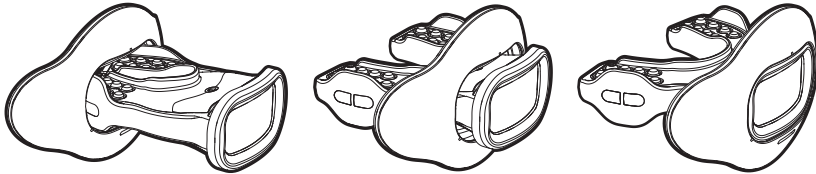
**PINCH**



**PUSH**



**PULL**



Make sure shield is locked and secure before entering play.

To remove shield **push** shield back, **pinch** sides of bite plate areas on mouthpiece and **pull** shield off.

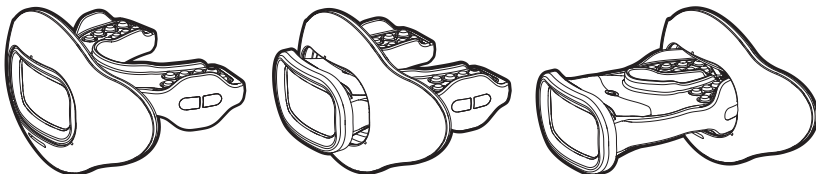
**PUSH**



**PINCH**



**PULL**



Check out more shield designs at [shockdoctor.com](http://shockdoctor.com)