

## FOLLOW US ON ALL SOCIAL MEDIA PLATFORMS

Instagram: @NXTRND    TikTok: NXTRND    X: NXTRNDUSA    Facebook: f NXTRND

## JOIN THE EQUIPMENT ROOM

Message us "EQ ROOM" on Instagram, Facebook, or Twitter to be invited into the equipment room.



### DISCLAIMER!

This piece of protective equipment is designed to minimize the possibility of injury to the specific body part of which it covers. Use of this equipment does not guarantee that you will be protected from serious, or permanent injury while playing sports.

NXTRND



## MOLDING GUIDE

# MOLDING GUIDE



### WARNING!

do not use with braces / do not chew on your mouth guard

Your mouth guards protective properties will diminish significantly if it is chewed or not worn properly.

### YOU WILL NEED:

A POT / A SPATULA / A BOWL OF ICE WATER / A TIMER

#### STEP 1

Fill your pot with 2 inches of water and bring it to a boil.



#### STEP 2

Remove the boiling water from the heat source and let it cool for 30 seconds.



#### STEP 3

Submerge the mouth guard upside down into the settled water for 30 to 40 seconds or until you notice it curling.



#### STEP 4

Remove the guard from the hot water and insert it into your mouth. Once in position, gently bite down on the mouth guard, shut your lips, and suck on the mouth guard creating a vacuum effect within your mouth.



#### STEP 5

While biting and sucking on the guard, use your fingers to press the walls up against your gums and teeth through your cheeks. Pressing your tongue up against the mouth guard will also help tightly mold it.



#### STEP 6

Continue step 5 for 1 minute.



#### STEP 7

Place the molded mouth guard in a bowl of ice water and wait 5 minutes.



Repeat steps 3 through 7 if the guard needs to be remolded.

\*If the mouth guard is too long, please use a pair of scissors to shorten it.\*