



# MOUTHGUARD WITH STRAP

## TP5511 & TP5532

### MOUTHGUARD INSTRUCTIONS

1. Bring water to boiling point. Hold guard by strap. Dip into water until completely covered, (see guide line on strap approximately 1/2" above shelf - do not submerge beyond this line). Hold guard in for 7 SECONDS.
2. Remove from hot water. Place mouthguard IMMEDIATELY around upper teeth. (Mouthguard will be warm, but will not burn). INSTANTLY, press tongue against the back of the upper teeth while holding the guard firmly in this position, SUCK OUT all the air and water until it comes to a tight fit around the upper teeth.
3. Remove from mouth and place under cold tap water. Attach strap to helmet at desired length by inserting ball tip in choice of slots.

### HELPFUL HINTS

1. If you do not get a tight fit the first time, repeat the procedure again.
2. Clean with cold water after using.
3. For identification use a marking pencil.
4. If strap is not needed, remove with sharp knife or scissors.
5. If guard goes too far back in mouth or needs adjustment to fit a youth, trim at markings on mouthguard.

**4975 Miller St. Unit B.**  
Wheat Ridge, CO 80033  
**[www.safetgard.com](http://www.safetgard.com)**  
1-800-356-9026