

Please read applicable instructions and ensure they are fully understood prior to fitting. The NeoMorph Mouthguard is not transferrable and intended to be used by only one person. For patients wearing aligners (clear plates) please remove aligners prior to fitting. The NeoMorph Mouthguard can be worn with attachments but is not intended to be worn over aligners.

BEFORE YOU START: If this is your first fitting of a NEW NeoMorph Mouthguard then you will need to "prime" the mouthguard before fitting. Doing this will give you the best chance of achieving a good fit straight away. This is only required for the very first fit.

To prime your NeoMorph Mouthguard simply follow points 1 - 4, then rest the guard on a dry flat surface for 45 seconds.

After 45 seconds place the mouthguard back into the same bowl of hot boiled water for another 20 seconds, remove and continue on from point 5 to fit your guard.

YOU WILL NEED

- > Ceramic bowl
- > Kettle to boil water and a responsible adult to handle hot water
- > NeoMorph Mouthguard
- > Fork
- > Mirror

1. The NeoMorph Mouthguard is a non-sterile product so ensure you wash your hands and the guard with soap and water prior to use. Familiarise yourself with the "V" at the front of the guard - this is the midline.

2. Boil the kettle and carefully pour the freshly boiled water into a small ceramic bowl.

3. Place mouthguard (facing upwards) into the bowl for 20 seconds. It is important that the guard is only in the hot water for 20 seconds.



4. Remove the guard from the hot water using the fork. Handle gently and do not allow the guard to fold in on itself or the material may stick together. The guard should be warm to touch but not uncomfortable.

*If this is a new guard then you will need to rest the guard for 45 seconds, then repeat points 3 & 4. Once priming has been done then continue on from pt 5 to fit your guard

*If this is a re-mould of a previously fitted guard then continue on to point 5.

5. Looking into the mirror, line up the "V" midline section between your top front teeth.



- > use finger pressure to press on the front of the mouthguard, the biting surfaces and around the sides. Make sure there is enough mouthguard covering the outer sides of the teeth
- > bite together firmly on your back teeth
- > press your tongue firmly to the roof of your mouth, against your front teeth and the sides of your back teeth

> using **firm finger pressure**, press on the **outside and the inside** of your teeth for 60 seconds to mould the mouthguard securely around your teeth



> once the guard is formed closely around your teeth, bite together, close your lips over the guard and suck / swallow all of the air and saliva from your mouth to form a vacuum



> press on the outside of your lips and cheeks to further form a snug custom fit.



6. Keep the guard in your mouth for another 60 seconds to allow the NCore® (internal inlay) to harden.



7. To remove the mouthguard

- > gently flare the top border of the guard out and pull forward to peel it away from the orthodontic appliances
- > release the mouthguard from the roof of your mouth with your fingernail
- > then remove the guard by pulling it forward **DO NOT PULL DOWN** as this will drag on the brackets or attachments.



8. Place your NeoMorph Mouthguard into cold water for 60 seconds.



9. When time is up remove guard from cold water, place back into mouth and check that it adequately covers the outside of your teeth. Ensure the NeoMorph Mouthguard is comfortable and fits securely so it won't dislodge on impact - you should not be able to easily remove your guard with your tongue, and when closing your teeth together your guard should feel even. If you can remove the mouthguard easily with your tongue then it is not tight enough and you should repeat the fitting process for a tighter fit.

10. If there are any areas that you are not entirely happy with, you can "tweak" those sections by placing the localised sections into freshly boiled water - you do not have to heat the entire mouthguard for adjustments.



N.B. Alterations can be made throughout the season by repeating the above instructions.

You may notice small air inclusions and occasionally a slight colour difference within your NeoMorph Mouthguard. This is due to the manufacturing process and will not affect performance.

WANT MORE HELP? NeoMorph mouthguards are designed to fit easily, but for our clientele who prefer to learn by observation, there is an instructional video on our website with 'tricks and tips' to help you with the perfect fit. Visit us at www.neomorphmouthguards.com

CLEANING + STORAGE Rinse mouth guard with cool fresh water after each use - do not exceed 35°C/95°F. Clean with a soft toothbrush and soap or non-abrasive toothpaste. Dry and store in the case provided. Store at room temperature, in dry conditions. Protect your mouth guard from warm environments, such as hot dashboards in cars.

✗ Keep out of direct sunlight.

DO NOT DO ANY OF THE FOLLOWING: Soak your guard overnight, use alcohol based cleaning agents, hand sanitiser, dishwashing/laundry soap, bleach or denture tablets, put in the dishwasher.