



FITTING INSTRUCTIONS

You will need: 1 pan filled with 3cm water, 1 slotted spoon, 1 cup of iced water, 1 mirror and a timer.




BRING TO BOIL

1 Bring the pan of water to the boil.



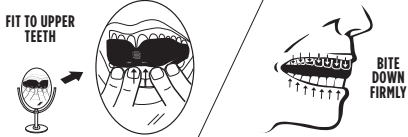
CAUTION! HOT WATER
ADULTS ONLY

2 Place mouthguard in the pan for 50 seconds.




COOL OFF

3 Remove mouthguard from the water to cool off for 90 seconds.




FIT TO UPPER TEETH

4 Looking in the mirror, fit the mouthguard onto upper teeth, biting down firmly.




SUCKING & PRESSING CENTRE

5 Suck in and press the centre of the mouthguard.



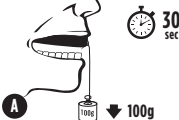
SUCKING & PRESSING EDGES

6 Suck in and press the edges of the mouthguard.



7 Take the mouthguard out of your mouth and place it in to the iced water.

- 8** Place the mouthguard in the mouth and test for a secure, comfortable fit.
- 9** If mouthguard does not fit comfortably, or does not stay in place **A** a suitably-fitted mouthguard should withstand hanging a 100g weight off it for at least 30 seconds without falling out), allow a few minutes to rest before repeating procedures 1-7 (procedures 5 and 6 are the most important steps).
- 10** Only if necessary, **B** carefully use a pair of scissors to trim off small pieces.



A 100g

30 sec



B

SCISSORS ONLY

Do not throw this leaflet away as it contains information that is important to the user.

WARNING!

Please ensure that you have read and fully understood the following safety precautions and user guide before using this mouthguard:

This mouthguard is not for use with braces. DO NOT chew your mouthguard.

To ensure that your mouthguard functions correctly it is essential that it is adjusted to fit your teeth and gums properly. If your mouthguard is chewed and/or is not used as intended, then its effectiveness in terms of fit, protection and durability will be greatly reduced. Please carefully follow the fitting instructions overleaf. The intended user of this Tephra Max mouthguard must ensure that they add their name to the label located inside the mouthguard box and in the area provided below in the Mouthguard User Guide.

This Mouthguard must not be used by any person other than the named person detailed in the Mouthguard User Guide and on the Mouthguard Box.

As per Item 3 of the Fitting Instructions overleaf, please ensure that the Mouthguard has cooled sufficiently (90 seconds) prior to placing the Mouthguard in your mouth.

For wearers whose jaw is still in growth, primary dentition exfoliation and secondary dentition eruption, the fit of the mouthguard must be checked regularly by a responsible guardian. If the mouthguard is found to be loose or tight fitting, to the teeth or gums, it must be replaced.

MOUTHGUARD USER GUIDE

- This packaging contains important information and must be retained for future reference.
- This Tephra Max (Type 2 Mouth - Adapted Mouthguard) has passed SATRA Document M33:2011 – Issue 3, Performance Level 3 impact tests for people playing lesser contact sports and recreations such as Baseball, Basketball, Cricket, Football, Hockey, Lacrosse, Martial Arts, Rugby and other contact sports.
- There are three levels of the Impact Performance Level allocated to Mouthguards, namely 1, 2 and 3, where Level 1 offers the lowest level of protection and Level 3 offers the highest level of protection.
- When choosing a mouthguard please select a mouthguard of appropriate size and type based on the age range information provided by the manufacturer. Please ensure that the mouthguard you have chosen is of the correct type and performance level related to the sport and recreation that you will be using the mouthguard for. A list of all the sporting activities that this mouthguard is intended to be suitable for is provided.
- This mouthguard is not for use with braces, consult a dentist or orthodontist fitting a brace or other device to the teeth concerning the suitability of this mouthguard, this mouthguard should not be used unless approved by the person fitting the brace.
- For full details of fitting, please see Fitting Instructions overleaf.
- For those whose jaw is still growing, the fitting of the mouthguard should be checked regularly. The mouthguard will need to be replaced if it no longer fits properly.
- Please consult your dental surgeon or orthodontist before use if you intend to use this mouthguard as a night guard.
- This mouthguard is made from FDA grades of TPR and EVA.
- The Box supplied provides secure, clean storage for your mouthguard. The Mouthguard should be kept in the box when not in use. Use fresh water (do not exceed 35°C/95°F) to wash both mouthguard and case after each use. Dry thoroughly before storage.
- This Tephra Max Mouthguard is for the sole use of _____ From the following date / /
- Dependent upon the regularity and severity of use, Makura Sport recommends that your mouthguard should be replaced every 2 years, however you must visually check your mouthguard after each use. If the biting surface is worn, cracked or split the mouthguard should be replaced immediately.
- If the mouthguard causes sensitization or allergic reaction, or if you experience discomfort after wearing your mouthguard, medical attention should be sought immediately.
- This Type 2 mouth-adapted mouthguard has been tested and certified by SATRA Technology Centre Ltd, Wyndham Way, Telford Way Industrial Estate Kettering, Northamptonshire NN 16 8SD, United Kingdom (Notified Body Number 0321).



This mouthguard does not contain Latex. The materials used are not currently known to cause allergic reactions or sensitization.