

GUM SHIELD INSTRUCTIONS

FITTING INSTRUCTIONS:

Setting up process involves boiling water and should be supervised by an adult.

1. Clean teeth.
2. Fill a suitable container with boiling water and allow to cool for 30 seconds.
3. Place the gum shield in the water for 40 seconds. Do not exceed this time. Remove with a suitable utensil. The gum shield should look and feel soft and pliable. If not, place the gum shield back in the water for a further 10 seconds. Please note: If the water has cooled too much then the gum shield will not be soft enough to mould. If you are not having any success, start again with freshly boiled water.
4. Before moulding, allow the gum shield to cool to a suitable level. Carefully place the gum shield around the upper teeth, bite down firmly, while sucking in strongly, and use your fingers to press the edges of the gum shield into your teeth and gums. Continue this process for 45 seconds.
5. Remove the gum shield and cool under a running cold tap for 1 minute. The gum shield must be cold before replacing in the mouth.
6. Replace the gum shield into the mouth and test for fit and retention. The gum shield should not fall out of its own accord, and should feel comfortable; if this is not the case then the above steps can be repeated.

IMPORTANT WARNINGS:

1. Do not chew your gum shield.
2. Do not wear your gum shield if it is showing signs of wear, cracks or splits. If this is the case, please dispose of your gum shield and replace with a new one.
3. Do not allow any person other than the named user to use the gum shield.
4. Do not expose your gum shield to extreme heat or direct sunlight, always store in the box when not in use.
5. Parents: Please check the fit of your child's gum shield regularly to ensure that it is not conflicting with the development of the mouth and teeth.
6. If you have a brace or other device fitted to your teeth, it is advised to consult your dental surgeon or orthodontist as to the suitability of the gum shield. Never wear a gum shield with a brace unless it has been approved by the person fitting the brace.
7. The gum shields are only to be used as an item of personal protective equipment and should not be used for any other purpose, such as a snore guard, or device to prevent teeth grinding.

GUM SHIELD STORAGE:

1. Always clean your gum shield with cold water following use. Do not use mouthwashes, toothpaste or other detergents.
2. Clean the gum shield case with warm water. Always ensure that your gum shield is dry before storing in the case.
3. Always keep your gum shield in its case when not in use.

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