



Thank you for ordering from Python Guards™. These are a set of instructions that will explain how to place your lower bite in place. You may also use these instructions to soften any rough edges that may be pushing against your gum line. Please read over the instructions very carefully.

1. Bring water to a boil.
2. Take a set of tongs and hold the edge of the guard so that you are looking at the inside of the guard.
3. Dip the guard into the water only enough to heat up the bottom of the guard where your opposing bite will go.
4. Hold it in the water for 3-5 seconds and then shake it off and insert it into your mouth and bite down and hold for approximately 10 seconds. The mouth guard will cool very quickly.
5. Take it out to see if it was deep enough, if not then repeat the steps over again until your guard is deep enough.
6. The depth depends on your comfort level but normally it's only around 1mm deep so that your lower jaw doesn't slide from side to side.
7. You can do this with any part of the guard but if you're doing it on the top or the sides reduce your time limit to approximately 2-3 seconds.

If you have any questions at all during the process or you do not feel comfortable doing it without more instructions please call or email me. I can assure you that the only way you will mess up the guard is by heating it too long each time, it is better to do a little at a time.

Python Guards™

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