

Mouthguards for Soldiers

HOW TO FIT 'EM...

1. Soften mouthguard in hot water for about one minute. Dip in cool water.



2. Insert over upper teeth. Bite gently. Don't chew.



3. Suck air out of mouth and tighten lips and cheeks to help form proper shape.



4. Wait 30 seconds, then check for impressions of teeth inside. Place in plastic bag.

USE YOUR MOUTHGUARD!