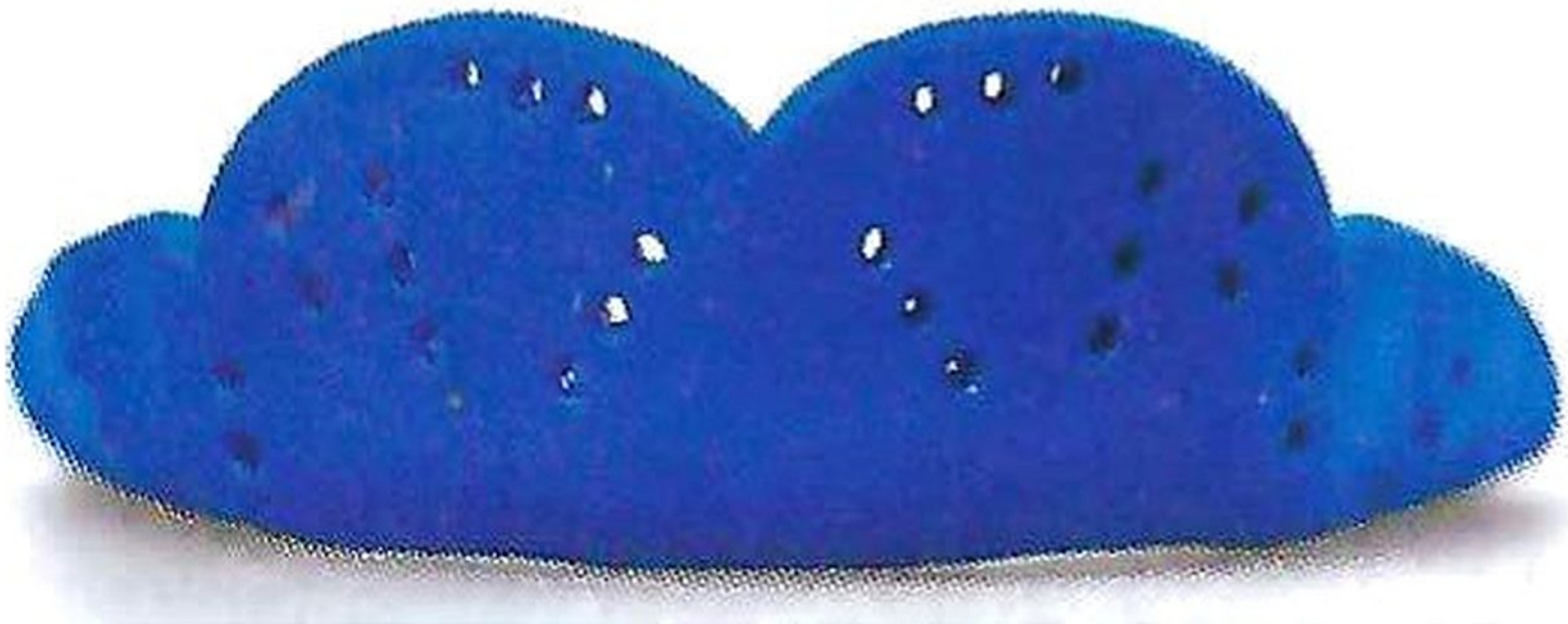
SISU®

MOUTHGUARD

QUICK-FIT GUIDE



WATCH OUR FITTING VIDEO ONLINE:

sisuguard.com/fitting-instructions

GOT BRACES?

If you have braces or are undergoing other orthodontic treatment, **DO NOT** attempt to fit your SISU® mouthguard at home. Instead have your dentist or orthodontist fit your SISU® mouthguard for you! He/she will use the appropriate barriers between the guard and braces so that the material, while pliable, doesn't bond to your brackets.

We also recommend that, no matter your child's age, all athletes use an adult-sized SISU® mouthguard whenever wearing braces in order to ensure a proper fit.

Visit **sisuguard.com/fitting-with-braces** for more information.

FITTING CHECKLIST:

- Bowl, ceramic or glass
- Hot, but not boiling, water (140˚F / 60˚C)
- Fork or similar utensil
- Mirror

DO THIS:

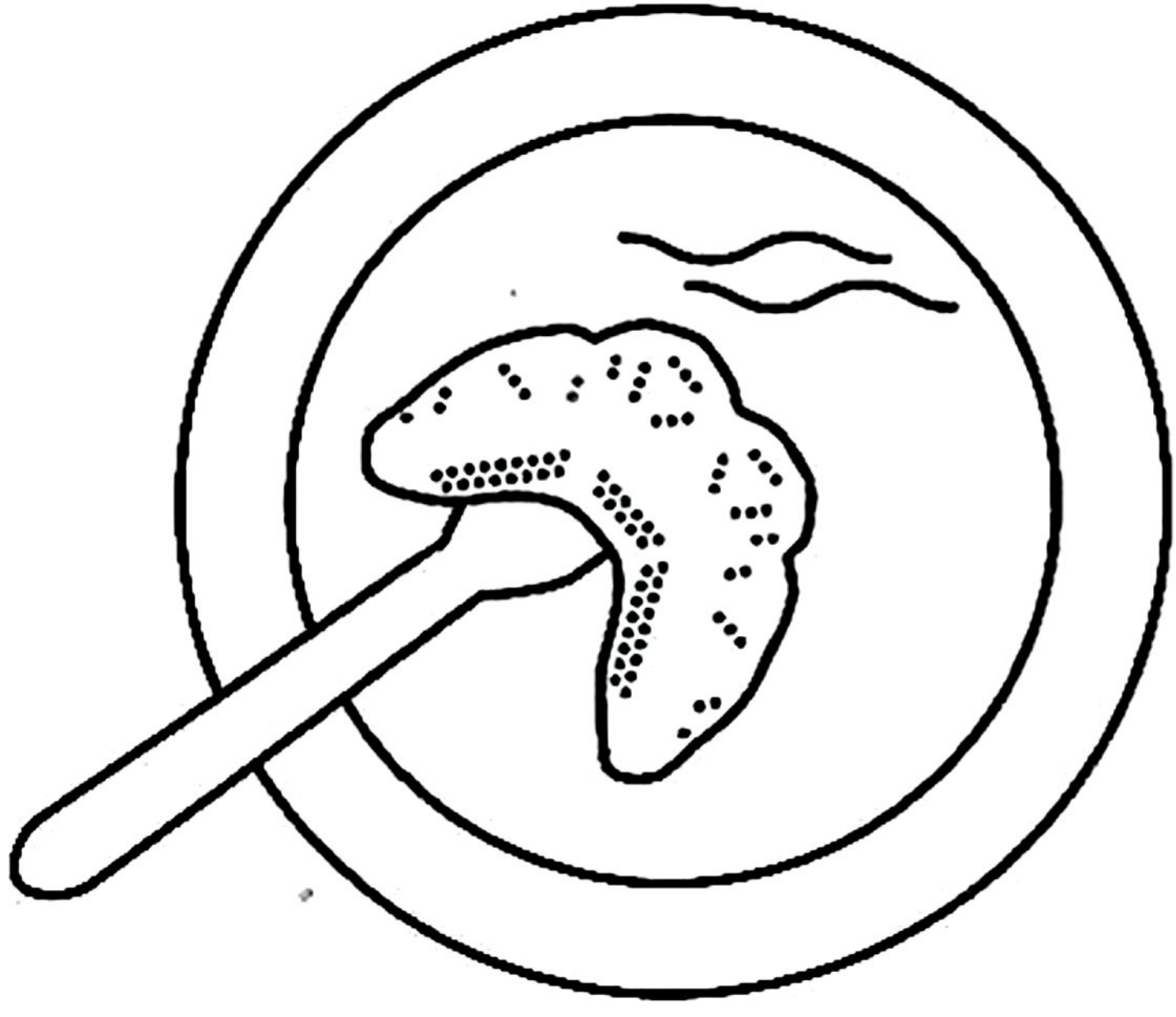
- Use water that is hot to the touch to activate your mouthguard.
- Double check that the bottom of your front teeth are lined up with the bite pad.
- Suck in air gently, creating a snug but still comfortable fit.

DON'T DO THIS:

- Use boiling water to mold your SISU® mouthguard.
- Stretch the material, creating too large perforations.
- Suck in air too vigorously, creating a fit that's too tight.

STEP 1

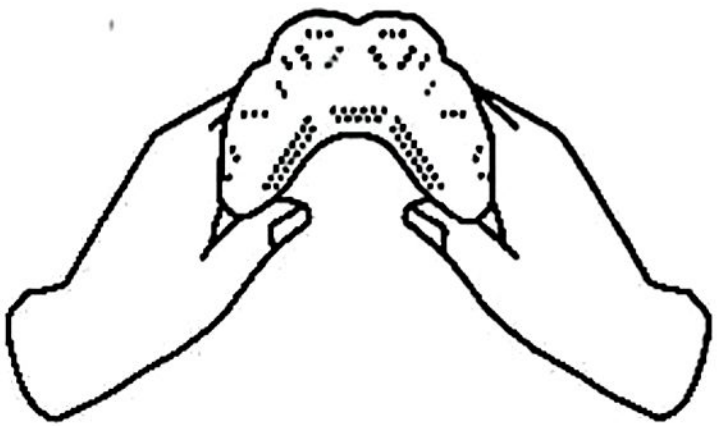
- Wash your hands and the SISU® mouth-guard with soap and water.
- Heat water in a small bowl until hot to the touch (140°F / 60°C).
- Place your SISU® mouthguard into the hot water until soft and pliable, approx. 30-60 sec (use utensil to determine softness).



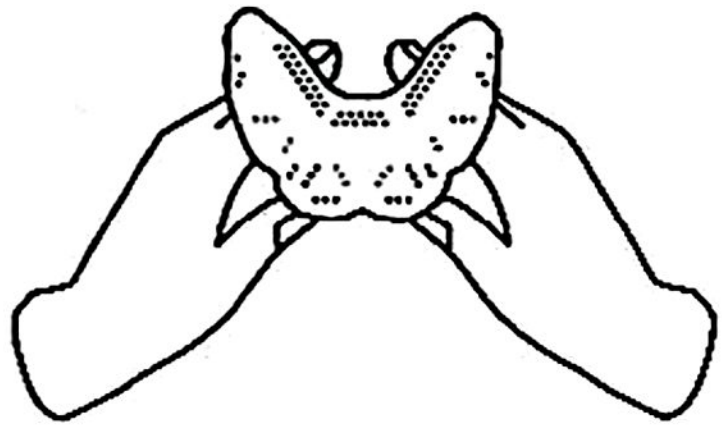
STEP 2

- Once soft, use the utensil to carefully lift the SISU® mouthguard out of the water.

  DO NOT let the softened mouthguard fold on itself – the material will glue together, making it difficult to reshape.



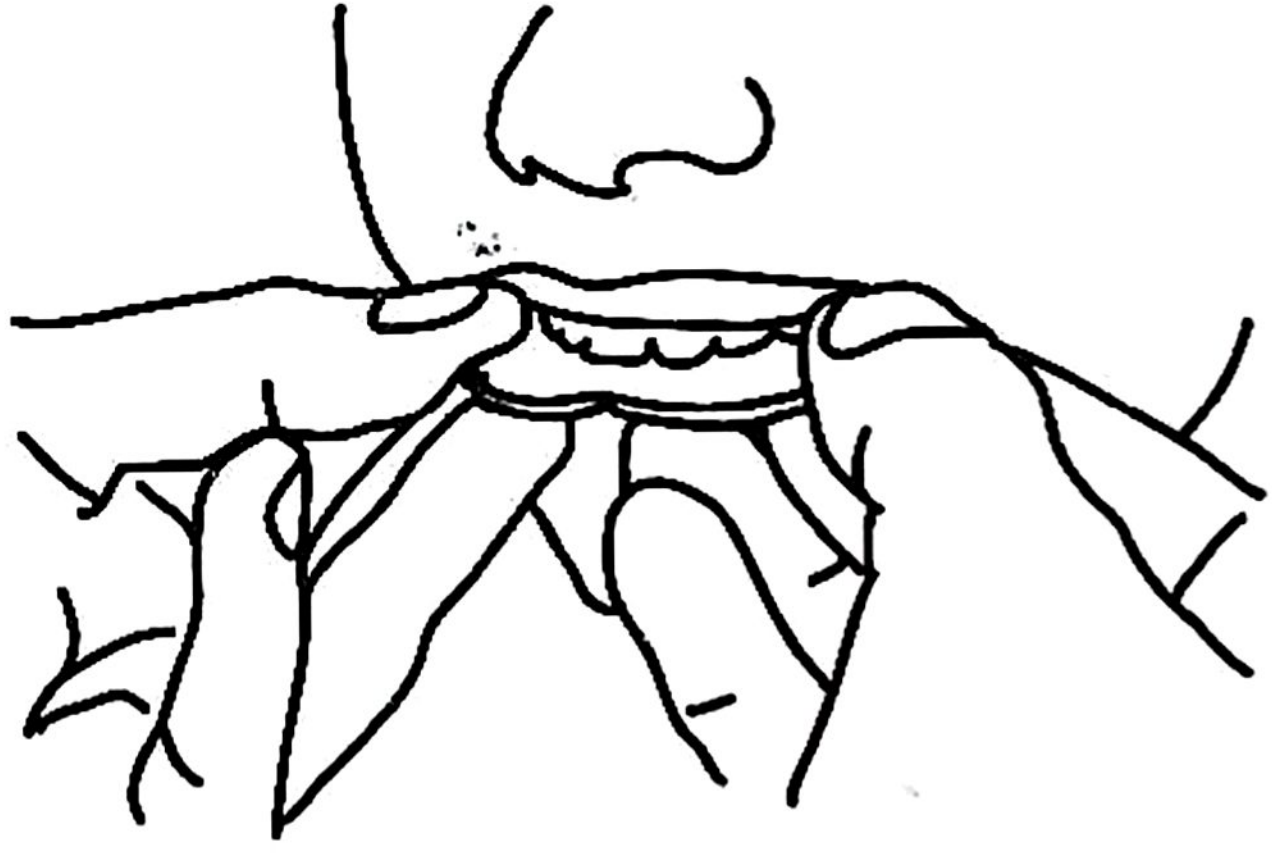
If you do it yourself



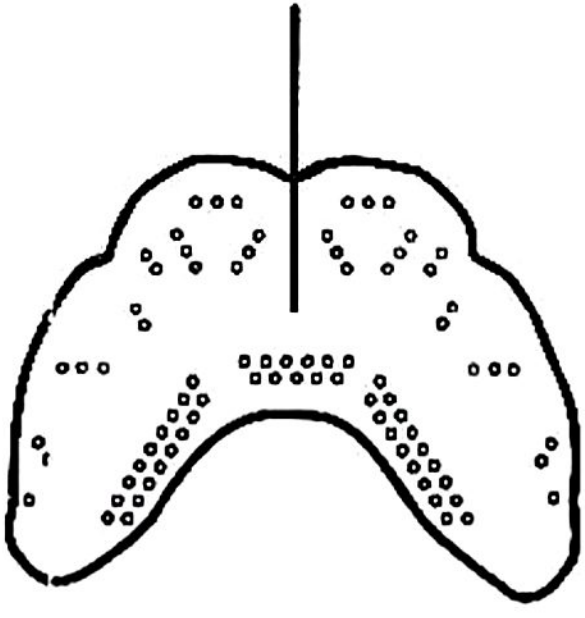
If you are helping someone

STEP 3

- Balancing the pliable guard with your thumbs, lean in toward the mirror and open your mouth wide.
- Insert the SISU® mouthguard and bite down gently on the bite pad in the middle of the guard.



Place front teeth here.





Continued on reverse →

STEP 4

- Hold the mouthguard in place using your teeth and tongue.
- With your fingers, fold the guard straight up. Be sure to mold the guard up to the gum line on the front and sides of your teeth to create a solid shield.



STEP 5

- Once the SISU® mouthguard is formed, close your lips over the guard and gently create suction until the material has hardened to a snug, perfect fit. Leave the guard in your mouth for 3-5 minutes to allow time to set.



CONGRATS!

You've successfully fitted the world's most advanced mouthguard.

FITTING TEST

1. Does your guard cover the outside of your teeth?
2. Is your mouthguard snug enough that you need your hands to remove it?
3. Are your teeth lined up on the solid bite pad and not on the perforations?
4. Can you clearly say "SISU" ? If "No" to any of the above, start back at Step 1 and remold. SISU® mouthguards are remoldable up to 20 times!

CLEANING + STORAGE

Your SISU® mouthguard can be brushed with a regular tooth-brush and toothpaste. Carefully rinse and dry before storage, and store at room temperature under dry conditions.

Protect your SISU® mouthguard from warm environments, such as hot dashboards in cars. When hot environments are unavoidable, we suggest keeping your SISU® mouthguard in a container with water.

DIFFUSIX™ TECHNOLOGY

Every SISU® mouthguard is made with a non-compressible, perforated material that doesn't cave under impact and directs forces away from your teeth.

For more information on the science behind your SISU® mouthguard, visit sisuguard.com.

WARRANTY: Akervall Technologies Inc. ("ATI") warrants that there are no defects in the materials or workmanship of the SISU® Mouth Guard that cause damage or injury to the sound, natural teeth of the user when properly used in a supervised athletic contest or coach-supervised training session. This warranty shall extend for a period of one (1) year from the date of purchase. ATI's obligations in the event of a breach of this warranty shall be limited to the lesser of: (1) the actual dental expense incurred by the user; or (2) $940 per injured or replaced tooth, up to a maximum liability of $35,000 per incident. ATI's obligations hereunder shall be reduced by the amount of any insurance that the user receives or may claim for the damage or injury. This warranty does not provide payment or indemnity for orthodontic treatments or preparation of a tooth to be used as an anchor for a bridge.

ATI shall have no responsibility or liability hereunder unless:
(1) the mouth guard was fitted by claimant in accordance with the printed instructions accompanying this warranty and (2) a complete written notice of the injury or damage is received by Akervall Technologies Inc. within thirty (30) days after the occurrence of the injury or damage, (3) the notice of injury is substantiated by a statement of a licensed dentist providing necessary dental treatment within thirty (30) days after the date of injury or damage and a statement of a participating game official, if a supervised contest, or a supervising coach or school superintendent, if a practice session, that the mouth guard unit was in proper use at the time of injury and (4) the mouth guard unit is returned to ATI within the written notice of injury.

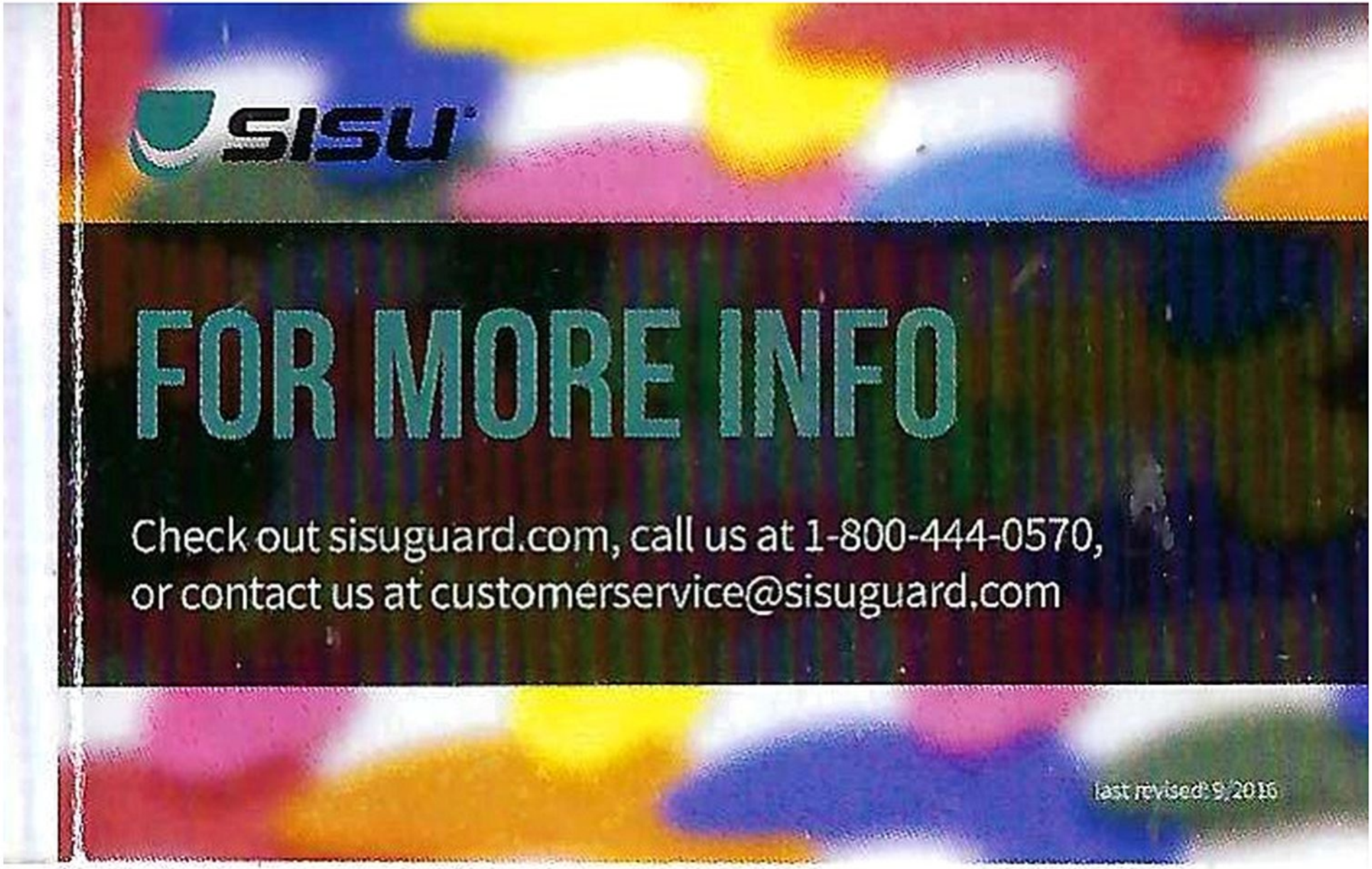
DISCLAIMER: This warranty is made in lieu of all other warranties, express or implied, including but not limited to any implied warranty or merchantability or fitness for a particular purpose and any implied warranty arising out of a course of a dealing, custom, usage or trade. Except as is otherwise expressly provided herein, ATI disclaims all liability for loss, injury or damage based upon negligent design or defects in materials and workmanship for the within mouth guard.

Keep this dental warranty, disclaimer and store receipt in your records.

In case of injury, mail mouth guard, store receipt, the notice of injury and accompanying statements to:

US Customers:
Akervall Technologies, Inc.
1512 Woodland Drive
Saline, MI 48176

EU Customers:
SISU Europe AB
Scheelevägen 15, S-223 70, Lund
Sweden


SISU
FOR MORE INFO
Check out sisuguard.com, call us at 1-800-444-0570,
or contact us at customerservice@sisuguard.com
last revised: 9, 2016