

**NOTE: DO NOT trim the 3XS unless absolutely necessary. 'Round' corners after trimming any BRAIN-PAD.**

**Test Fit For Length. Place on lower teeth only. Keep mouth open.**

Top of unit has "V" at front of channel.

\*Teeth will not fit into channels during this step. Guard Trim only when absolutely necessary.

Perfect fit. Lower teeth and molars must fit in channel. Teeth shown in position.

Trim guard only as a last resort. Channel ends are tapered to reduce need to trim.

Channel ends may be trimmed to size. Do not cut into Bumpers.

Proper handling for sizing. Lower front teeth determine length.

Top view

Insert string through the Strap Attachment Hole - located on the side of the post in the breathe space. Wet clasp end to help it through Center post hole.

Strap clasp fits tightly. TURN ball end of clasp 1/4 turn while applying strong pressure when connecting strap ends.

**Fully Insert:** Breathe space boiling support piece. (included in case). Carefully insert on the inside of guard.

\* Remove support piece only **AFTER** fitting & cooling guard.

Bring water to rapid boil; then turn off heat to avoid burns.

**2 STAGE HEATING PROCESS:**

**FIRST STAGE 30 SECONDS**  
Place in water up to boil line. DO NOT OVER BOIL

**SECOND STAGE 15 SECONDS**  
Place in water completely.

**OVER 45 SECONDS CAN RUIN THE GUARD**

Leave Strap Attachment and insert in place to mold!

Open mouth, slightly extending the lower jaw forward. Place on lower teeth.

Bite down slowly to insure teeth fit in upper channel. Bite down to imprint teeth.

**!CAUTION!**  
IF you have BRACES, BRACKETS or APPLIANCES on your teeth, **SKIP** the following BOXED Step. DO NOT MOLD OUTSIDE SURFACES INTO BRACES BRACKETS or APPLIANCES!

Mold to mouth (like sucking a lemon). Use fingers to mold outside surfaces to teeth & gums. Use tongue to mold inside surfaces.

Remove & rinse with cool water.

Remove breathe space boiling support piece.

**Check fit.** Carefully Re-boil if necessary.

**PROPER STRAP ATTACHMENT: IMPORTANT !:**  
DO NOT TIE or WRAP ANY part of attachment strap or string! Doing so, can negate Safety Release clasp's effectiveness.

Strap clasp fits tightly. TURN ball end of clasp 1/4 turn while applying strong pressure when connecting strap ends.

ENJOY THE BRAIN-PAD's PROTECTION & INCREASED BREATHING !

**CARE & CLEANING:**

- Keep your Brain Pad & storage case clean. Store the Brain Pad in its case when not in use.
- Wash the Brain Pad after each use in lukewarm water. Hot water may soften & distort the Brain Pad.
- Sanitize regularly with an astringent mouthwash for good hygiene.
- With proper care, your Brain-Pad should provide protection for a whole season.