

ORTHO-LIPGUARD™

PRODUCT INSTRUCTIONS

CAUTION: HOT WATER MAY CAUSE SEVERE BURNS

If under the age of 18, have an adult assist with the following steps.

PLEASE REVIEW ALL STEPS BEFORE FORMING YOUR Ortho-LipGuard™

Always Check with Your Orthodontist to make sure the Ortho-LipGuard™ will not interfere with other appliances.

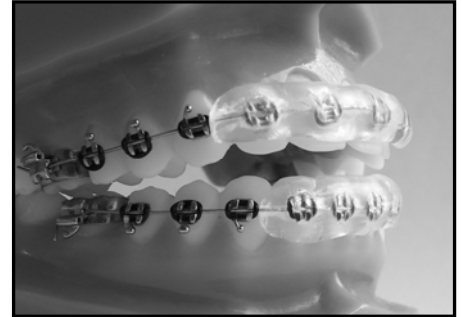
The Ortho-LipGuard™ provides temporary relief of direct pressure to the lips. Possible applications include but are not limited to:
Playing musical instruments and Non-contact sports

It may take several tries to perfect the fit and “feel” of your Ortho-LipGuard™. The Ortho-LipGuard™ is customizable to your braces and should be remolded as your braces are adjusted and your needs change. Experience has taught that each user of the Ortho-LipGuard™ has slightly different preferences that, once determined, provide each user a natural, comfortable, and custom fit.

STEP 1:

Collect each of the following:

- One Ortho-LipGuard™ strip
- One container holding cold water
- One container holding boiling water
- One container suitable for holding boiling water
- One plastic utensil (for example, a plastic fork) for removing the Ortho-LipGuard™ strip from the containers



STEP 2:

Pour the boiling **hot** water into a separate container suitable for holding boiling water.

STEP 3:

Submerge the Ortho-LipGuard™ into the container holding **hot** water for **45 seconds**. The following steps must be performed quickly to prevent the Ortho-LipGuard™ from setting before a comfortable impression of your braces is made.

STEP 4:

Quickly remove the Ortho-LipGuard™ from the **hot** water with a utensil and **submerge** the Ortho-LipGuard™ into the **cold** water for **3 seconds**.



STEP 5:

Remove the Ortho-LipGuard™ from the **cold** water with a utensil and **quickly proceed** to STEP 6.

STEP 6:

Holding the curved portion of the Ortho-LipGuard™ with the index fingers and thumbs of both hands, **press and mold** the flat portion of the Ortho-LipGuard™ across the front side of your **4 to 6 middle teeth**. Your goal is to create a smooth, contoured, and comfortable surface protecting the inside of your lips from the sharp edges of your braces. Use of a mirror may be helpful during this step. Allow the Ortho-LipGuard™ to **cool** in place over your braces for approximately **45 seconds**.

STEP 7:

Remove the Ortho-LipGuard™ and **repeat** the process as necessary to create a molded Ortho-LipGuard™ for your upper and lower teeth. It may take several attempts to perfect the fit of your Ortho-LipGuard™. This process should be repeated every few weeks as your teeth move into correct position.
