

## Playsafe readaptation

### Instruction:

Laminated Playsafe mouthguards can be readapted to a changed dentition.

It is most important to pay attention that the owner of the mouthguard does not bite too hard into the softened mouthguard. (See step 6 + 7.)

The risk of biting through the material must be minimized. A bitten through mouthguard loses its protection effect. (See step 6 + 7.)

Each readaptation will slightly thin the guard, therefore it is recommended to readapt the guard not more often than five times.



**1.** Put the mouthguard for 10 - 15 seconds into water at boiling temperature.



**2.** Take it out with the help of a spoon or similar.



**3.** Briefly (max. 2 sec.) drown the guard under cold water.



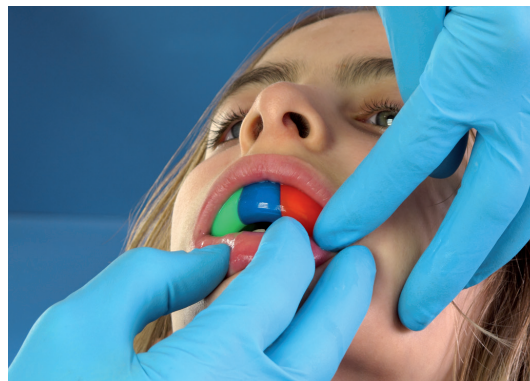
**4.** Now the surface is cold enough to take the guard in the hands and...



**5.** ... to place it into the owners mouth.



**6.** Push the guard upwards with little power.



**7.** The owner should not bite into the guard uncontrolled. Better guide the patients lower jaw into the guard.



**8.** The owner pushes with the tongue against the guard and the helper with the hand onto the cheeks in the gingival margin area. This position has to be kept for 2 min. (!), finished.



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