

DGX Moldable Mouthpiece Instructions

Before beginning, please ensure the mouthpiece supports are in place. You should have one inserted in the main inlet of the mouthpiece (acting as a handle) and one at each side of the bite plate.

1. While holding onto the inlet handle immerse the DGX Moldable Mouthpiece into boiling water just beyond the logo on the inlet for 15 seconds.
2. **IMPORTANT**- Do not immerse the mouthpiece beyond the fastening indentation and do not leave the mouthpiece in the boiling water for than 15 seconds, as either one of these could cause irreversible deformation to the DGX Moldable Mouthpiece
3. Shake off any excess water after removing it from the boiling water.
4. Place the mouthpiece in your mouth immediately. It will be hot but won't burn. Clench your teeth and close your mouth. In this position, suck out all air and water for a few seconds to obtain ideal adhesion around the teeth. Massage the cheeks firmly at the same time with your fingers.
5. After around 2 minutes, remove the DGX Moldable Mouthpiece and place it into a container of cold water for at least 3 minutes. Remove the Mouthpiece from the water and remove the customization devices.
6. Insert the DGX Moldable Mouthpiece into your mouth once again if it is not sufficiently adherent and repeat the process from point 1.

On completion of the customization, install the DGX Moldable mouthpiece per your regulators manufactures recommendations.

Recommendations and Warnings

- The DGX Moldable Mouthpiece can be reshaped several times. For this reason, always keep the support devices.
- Clean with a toothbrush, cold running water, and neutral soap.
- Never use the DGX Moldable Mouthpiece with the support devices installed.
- Keep the DGX Moldable Mouthpiece away from heat sources and direct sunlight.