



Mouth Guard Fitting 如何佩戴牙膠?

This product is designed to provide some protection against injuries to the teeth and gums. However, always remember that no PPE can provide full protection and care must always be taken when carrying out risk related activity.

佩戴牙膠對保護牙齒及牙肉有一定的保護作用。如進行其他危機性或難度高的活動，請緊記牙膠未必有效提供全面保護，需特別注意安全。

WARNING 警告

When forming this product please take care with boiling water, children should consult an adult. 牙膠成形過程中，請小心沸水，兒童需與成人陪同下進行。

FITTING INSTRUCTIONS 如何塑造牙膠

Place mouth guard in boiling water and leave for 30 secs. Remove and shake of excess water. Press over top of teeth, the mouth guard should be square in the mouth. In order that the mouth guard, then push you're outside lip with your finger to mould the mouth guard says in place.

牙膠放於熱水中約 30 秒，取出並瀝乾附於牙膠上之水份。把牙膠套在上排牙齒正中間，以拇指加壓最後排大牙位置，再用手指用力按著牙膠之外圍，增強牙縫間的造形，並用力咬緊牙膠。若牙膠造形未如理想，可待牙膠完全放涼後，再跟據上述程序從新塑造一次。

PLEASE NOTE 請注意

In most cases it is not necessary to trim the mouth guard and it is best not to. However, if it is a sharp pair of scissors should be used to trim mouth guard. In order to smooth the edges once trimmed, the mouth guard should be put over a gas flame for a few seconds, then with a wet finger round off the edges. Consult dentist if mouth guard cannot be adapted to fit mouth.

塑造牙膠後，如有需要修剪邊緣部分，請以尖銳剪刀修剪，之後以溫火燒烘數秒，手指沾了水並在邊緣位置加以揉搓磨滑即成。如牙膠經多次模塑後仍未能戴上，請向牙醫查詢。

*上例所有翻譯內容以英文本為準。