



DOWNLOAD THE SISU SENSE™ APP ON THE APP STORE.



TURN ON WIRELESS AND BLUETOOTH SO YOUR PHONE CAN SYNC WITH THE SISU SENSE™ MOUTHGUARD

LET'S FIT YOUR



► *Watch our fitting video online: sisuguard.com/fitting-instructions*

START BY GATHERING YOUR SUPPLIES:

- Bowl, ceramic or glass
- Hot, but not boiling, water (160°F / 71°C)
- Fork or similar utensil
- Mirror

**GOT BRACES?
READ THIS FIRST!**

If you are undergoing orthodontic treatment **DO NOT** attempt to fit your SISU Sense™ Mouthguard at home. Please ask a dental professional to fit your guard for you. They will use appropriate barriers to prevent the warm pliable guard from bonding to your orthodontia.

WARNING: DO NOT fold the guard up and over the front brackets. Leave an open space above the brackets so the guard is easy to remove once it is cooled and hardened.

► *Visit sisuguard.com/braces for more information*

✓ **DO THIS:**

- Use water that is 160°F / 71°C to activate your mouthguard.
- Double check that the bottom of your front teeth are lined up with the bite pad.
- Suck in air gently, creating a snug but comfortable fit that stays in place while speaking.

! **DON'T DO THIS:**

- Use boiling water to mold your SISU Sense™ Mouthguard.
- Microwave your SISU Sense™ Mouthguard.
- Stretch the material, creating large perforations.
- Suck in air too vigorously, creating a fit that's too tight.
- Bite down too hard or create deep bite marks in the guard.

> *continued on reverse*

✓ GOOD FOR YOUR SISU:

- Clean with mild soap and non-whitening toothpaste.
- Soak for only 10 minutes in 3% Hydrogen Peroxide. Remove promptly.
- Store in a climate controlled environment (remember your guard is heat sensitive).

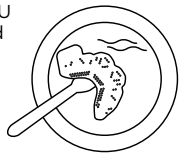
Consider using the SISU Fresh spray (available for purchase at sisuguard.com) to clean and freshen the guard.

! BAD FOR YOUR SISU:

- Soaking your SISU Sense™ in mouthwash, denture tablets or cleaning solutions.
- Using whitening toothpaste, bleach, isopropyl (rubbing) alcohol, or products containing alcohol.
- Cleaning your SISU Sense™ in the dishwasher or using dish soap.
- Microwaving your SISU Sense™ Mouthguard.
- Storing the guard above 80°. It will deplete the battery.

STEP 1 ✓

- Wash your hands and the SISU Sense™ Mouthguard with mild soap and water.
- Heat water in a small glass or ceramic bowl until 160°F / 71°C.
- Place your SISU Sense™ Mouthguard into the hot water until soft and pliable, approx. 30-60 sec (use utensil to determine softness; do not let it fold onto itself).



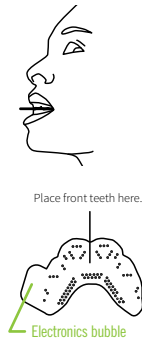
STEP 2 ✓

- Once soft, use the utensil to carefully lift the SISU Sense™ Mouthguard out of the water.
- Hold the softened mouthguard with the flat side facing up. The electronics bubble should be on the left side of your mouth, facing downward.
DO NOT let the softened mouthguard fold on itself—the material will glue together, making it difficult to reshape.



STEP 3 ✓

- Balancing the pliable mouthguard with your thumbs, lean in toward the mirror and open your mouth just wide enough to insert the guard.
- Insert the SISU Sense™ Mouthguard with the electronics bubble to the left, until your upper teeth are aligned with the unperforated bite pad in the middle of the guard, and bite down gently on the bite pad.



STEP 4 ✓

- Hold the mouthguard gently in place using your teeth and tongue.
- Don't let the guard shift.
- With your fingers, quickly fold the guard up to the gum line on the front and sides of your teeth, pushing the electronics bubble up carefully between gum and cheek.
- DO NOT stretch or enlarge the mouthguard holes/perforations.



STEP 5 ✓

- Once the SISU Sense™ Mouthguard is in the proper position, close your lips over the guard, put your tongue to the roof of your mouth, and gently create suction by swallowing until the material has hardened to a snug, perfect fit.
- Keep the SISU Sense™ Mouthguard in your mouth for 3-5 minutes to allow the shape to set.
- After the guard is set, it should be snug enough that it won't come off your teeth without using your fingers to "help" remove it.

FITTING TEST ✓

1. Does your guard cover the outside of your teeth?
2. Is your mouthguard snug enough that you need your hands to remove it?
3. Are your teeth lined up on the solid bite pad and not on the perforations?
4. Can you clearly say "SISU"? If "No" to any of the above, start back at Step 1 and remold. SISU Sense™ Mouthguards are remoldable up to 20 times!

CONGRATS! You've successfully fitted the world's most advanced mouthguard.

CAUTION: This is not a medical or diagnostic device. The SISU Sense™ Mouthguard detects impacts and does not replace concussion detection protocols. The SISU Sense™ Hit Sense™ Technology does not diagnose concussion. The data should be used to identify if an impact has occurred and the level of impact. Inspect your SISU Sense™ Mouthguard before each use to determine that the battery is sealed. If the mouthguard appears damaged, discontinue use. Do not chew or abuse the SISU Sense™ Mouthguard. Do not place the mouthguard in a microwave.

WARNING:

- Do not try to fit the SISU Sense™ Mouthguard over braces by yourself. We advise you to consult with your orthodontist first.
- Avoid situations where inhalation or swallowing of the mouthguard could occur.
- Do not stretch the material. This may thin out the material and decrease the strength of the mouthguard.
- Do not overheat the mouthguard (over 170 degree F).
- Do not clean the mouthguard in your dishwasher or washing machine, since this could lead to deforming and weakening of the material.
- Follow the instructions regarding cleaning and storage.
- Protect your SISU Sense™ Mouthguard from warm environments, such as hot dashboards in cars. When hot environments are unavoidable we suggest you keep your SISU Sense™ Mouthguard in a container with plain water

The SISU Sense™ accurately detects low (15 Gs) and high (40 Gs) thresholds of impact when it is securely worn on the teeth. It is possible that false positive readings will trigger an alert. For this reason, we recommend that athletes be observed in addition to relying on the data from the SISU Sense™ Mouthguard. The SISU Sense™ Mouthguard cannot withstand chewing. Please treat the SISU Sense™ Mouthguard carefully. If your SISU Sense™ Mouthguard fails under normal use, let us know and we will replace it free of charge. Our Hit Sense™ Technology incorporates a number of advanced technologies. Just like with any other electronic device, you may encounter glitches with the system or the app. Contact us at support@sisuguard.com and we'll assist you.

► For more info check out sisuguard.com, call us at **1-800-444-0570**, or contact us at customerservice@sisuguard.com