

## Sports Mouthguard Technique



**Step 1.** Embed the model into the granules and thermoform the Erkoflex 2mm disc.



**Step 2.** Allow the disc to cool completely, then remove from model. Use the special scissors to trim.



**Step 3.** Embed the model with the 2mm layer into the granule and completely de-grease both layers.



**Step 4.** With multicolored discs, ensure the disc and model are aligned correctly, then thermoform.



**Step 5.** Cut out the mouthguard using the special scissors. Expose the areas around the frenums.



**Step 6.** Remove excess material and taper the edges using a crosscut carbide bur.



**Step 7.** Smooth the edges with the Lisko-S polishing disc using light pressure.



**Step 8.** Polish the mouthguard with a hot air burner or torch flame.