

# PROTOCOL

## THE MAKING OF A MOUTH PROTECTOR



1 Rotate the heating element backward. Position the frame slightly above the perforated plate.



5 Place the dental arch model in the center of the perforated plate. The mouth protector sheet will heat up and slowly sag. Make sure the dental arch model is centered on the vacuum plate with holes.



2 Place the Mouth protector thermoforming sheet in the frame with the transparent side facing up.



6 When the sheet sags about 1.5 to 2 cm:  
- Set the lever to 'VACUUM'  
- Slide the frame down using both handles  
- Rotate the heating element backward



3 Close the frame and tighten the black knob. Then slide the frame all the way up until it touches the gray part. Rotate the heating element over the frame.



7 Let the device vacuum-form for 60 seconds, then turn it off and allow it to cool for about 2-3 minutes until it no longer feels sticky. Then loosen the frame and carefully remove the sheet with the dental arch model.



4 Set the lever to 'HEATING' and turn the timer generously. The light above will turn on. Set the timer for more than 4 minutes.



8 Trim the mouth protector (see TIP 1) and finish it neatly (see TIP 2). Avoid sharp edges.

**TIP 1.** For more comfort, shorten the mouth guard up to halfway along the first molar. This provides better comfort for the patient.



**TIP 2.** The finishing can best be done with Lisko-S discs from Erkodent or brushes. Then place it back on the dental arch model and carefully smooth the edges with a small torch to make the model glossy. Leave it on the model until it has cooled.



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