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Shock Doctor 6353Y

Shock Doctor Gel Max Flavor Fusion Mouthguard User Manual

Model: 6353Y

PRODUCT OVERVIEW

The Shock Doctor Gel Max Flavor Fusion Mouthguard is engineered to provide essential dental protection and comfort for athletes across various contact sports. Its triple-layer design ensures heavy-duty protection, while the Gel-Fit Liner Technology offers a custom, comfortable fit. This mouthguard is suitable for all ages and features integrated breathing channels for enhanced performance.

It comes with a convertible tether, allowing it to be used either strapped to a helmet or strapless, adapting to different sport requirements.



SETUP AND FITTING INSTRUCTIONS

Proper fitting of your Shock Doctor Gel Max Mouthguard is crucial for optimal protection and comfort. Please follow these steps carefully:

1. **Gather Materials:** You will need your mouthguard, a saucepan, water, a slotted spoon, a mirror, a bowl, and a timer or watch with a second hand.
2. **Boil Water:** Fill a saucepan with 3 to 4 inches of water and bring it to a rolling boil.
3. **Prepare Water:** Remove the saucepan from the heat source. Let the water stand for 30 seconds. For Flavor Fusion models, let it stand for 20 seconds.
4. **Immerse Mouthguard:** Using the tether or slotted spoon, carefully immerse the mouthguard into the hot water for 75 seconds. Do not exceed 90 seconds. For Flavor Fusion models, immerse for 60 seconds, not exceeding 75 seconds.
5. **Cool Mouthguard:** Carefully remove the mouthguard from the hot water with a slotted spoon and shake off excess water. Cool it under tap water for 1-2 seconds to bring the temperature to a comfortable level for fitting.
6. **Prepare Mouth:** Lick your lips before placing the mouthguard in your mouth.
7. **Position Mouthguard:** While watching in a mirror, carefully line up the mouthguard with the centerline of your upper teeth. Press it firmly onto and around your upper teeth.
8. **Mold Mouthguard:** Press into your molars first, then your front teeth. Bite down hard and suck in strongly. Continue to suck and use your fingers to press the edges of the mouthguard into your teeth and gum line on the outside of your lips and cheeks for 45 seconds.
9. **Set Fit:** Remove the mouthguard and place it in cold water for 30 seconds. The mouthguard will have the best retention once it cools and sets for several hours.
10. **Test Fit:** Place the mouthguard back into your mouth and test for a good, firm fit. If the fit is not accurate, repeat steps 1 through 8.



INCLUDES DETACHABLE HELMET STRAP

Includes a detachable helmet strap for football.
Convertible tether allows the mouthguard to be used strapped or strapless.

Figure 2: Visual guide for the boil-and-bite fitting process.

Video 1: Official Shock Doctor Gel Max Flavor Fusion Mouth Guard fitting instructions. This video demonstrates the step-by-step process of molding the mouthguard for a custom fit.

OPERATING AND USAGE

Once properly fitted, the Shock Doctor Gel Max Mouthguard is ready for use in various contact sports. It is designed to provide maximum protection and comfort during athletic activities.

- **Protection:** The heavy-duty Exoskeletal Shock Frame is designed to safeguard your cheek and tongue, minimize teeth grinding, and secure your teeth in place during impacts.
- **Breathing:** Integrated breathing channels allow for easy breathing, ensuring you stay focused and efficient during play.
- **Convertible Tether:** The mouthguard can be used with or without the detachable helmet strap, offering versatility for different sports and preferences.

- **Flavor Fusion:** Flavored options provide a unique taste experience while in use.

Before Molding



Sizing: Mouthguards

US SIZE	AGE
YOUTH	10-
ADULT	11+

IMPORTANT

Youth Size: Age 10-, Adult Size: Age 11+
For customized fit, just boil in water and bite.

Mouthguard will expand up to 20% during the molding process and may be too small if not molded properly. Follow fitting instructions to ensure the best fit.

After Molding



Figure 3: The mouthguard includes a detachable helmet strap for football or other sports requiring it.

GEL MAX MOUTHGUARD



Provides full mouth protection during hard impacts



Protects cheek, tongue, and teeth grinding



Gel-fit Liner Technology provides added comfort



Figure 4: The Gel Max Mouthguard provides full mouth protection during hard impacts.

MAINTENANCE AND CARE

To ensure the longevity and hygiene of your Shock Doctor Gel Max Mouthguard, follow these maintenance guidelines:

- **Cleaning:** After each use, rinse the mouthguard thoroughly with cool water. You can also clean it with mild soap and water or a non-abrasive mouthguard cleaning solution.
- **Storage:** Store the mouthguard in a clean, ventilated case when not in use to prevent bacterial growth and maintain its shape.
- **Avoid Extreme Temperatures:** Do not expose the mouthguard to extreme heat (e.g., direct sunlight, hot cars, boiling water for extended periods) as this can deform it.
- **Inspection:** Regularly inspect the mouthguard for any signs of wear, tear, or damage. Replace it if you notice any cracks, holes, or if it no longer fits properly.

TROUBLESHOOTING

Common issues and their solutions:

Problem	Solution
Mouthguard does not fit properly (too loose/tight)	Re-boil and re-mold the mouthguard following the fitting instructions carefully. Ensure you bite down firmly and suck strongly during molding.
Mouthguard feels uncomfortable or causes gagging	Ensure the mouthguard is not pushed too far back in your mouth. Re-mold if necessary, focusing on a snug fit without excessive material. Some users may need to trim excess material carefully with scissors after molding.
Mouthguard falls out during use	This indicates an improper fit. Re-mold the mouthguard, paying close attention to pressing it firmly against your teeth and gums to create a strong suction.
Mouthguard has an unpleasant odor	Clean the mouthguard thoroughly after each use with mild soap and water or a specialized mouthguard cleaning solution. Ensure it is completely dry before storing.

SPECIFICATIONS

- **Model Name:** Gel Max Flavor Fusion Mouthguard
- **Model Number:** 6353Y
- **Brand:** Shock Doctor
- **Material:** Plastic (Gel-Fit Liner, Exoskeletal Shock Frame)
- **Color:** Blueraspberry (specific to this variant)
- **Size:** Youth (Age 10-)
- **Dimensions (LxWxH):** 0.43 x 3.39 x 1.65 inches
- **Item Weight:** 1 Grams
- **Features:** Triple-layer design, integrated breathing channels, convertible tether, flavor fusion technology.
- **Recommended Sports:** Football, Hockey, Lacrosse, Baseball, Wrestling, Boxing, Basketball, MMA, and any contact sport requiring a mouthguard.

WARRANTY AND SUPPORT

Shock Doctor offers a limited warranty on their Gel Max Mouthguard. For specific warranty details and claims, please refer to the official documentation provided with your product or visit the [Shock Doctor Store on Amazon](#).

For additional support, fitting videos, or to complete your kit, please refer to the resources below:

- **User Manual (PDF):** [Download PDF](#)
- **Official Fitting Video:** See Video 1 in the "Setup and Fitting Instructions" section above.