Steps for taking your impression: UPPER TEETH

Taking a quality impression is vital because we need an exact replica of your teeth so we can make a quality product.

*Read instructions completely before you start your impression.*

**Step 1:** Stand in front of a mirror and take out the impression trays. The upper tray is solid across the top.

**Step 2:** Take the upper tray and fit it over your teeth in the center of the tray to make sure you see how it feels and fits. Remove from your mouth and set aside.

**Step 3:** Open two sets of the purple and white impression material (putty).

**Step 4:** Knead the pieces of putty together for 1 minute (60 seconds) with your finger tips.

**Step 5:** Roll the putty into a log (or finger shape). Load the putty into the upper tray and spread the putty evenly, filling from edge to edge (all parts of the inside of the tray) with your fingertips.

**Step 6:** Place the tray over the center of your teeth, using your fingers gently push or press the tray all the way up over your teeth until the tray stops. The most common mistake is that the tray is pushed too far into the mouth and the front teeth are not in the center arch of the tray. Allow your upper lip to rest over the top of the tray.

**Upper tray**

**Step 7:** Let the putty harden for 4 minutes while it is on or over your teeth.

**Step 8:** Open your mouth and pull straight down to remove tray from teeth and then pull tray forward to remove from your mouth.

**Step 9:** Place the impression tray and putty into the plastic bag provided. (*Do not remove putty from the tray. Do not seal the plastic bag.*)

**Step 10:** Return by mail in the pre-paid priority box along with the disclaimer.
Steps for taking your impression: LOWER TEETH

Taking a quality impression is vital because we need an exact replica of your teeth so we can make a quality product.

*Read instructions completely before you start your impression.*

**Step 1:** Stand in front of a mirror and take out the impression trays. The lower tray is horse-shoe shaped.

**Step 2:** Take the lower tray and fit it over your teeth in the center of the tray to make sure you see how it feels and fits. Remove from your mouth and set aside.

**Step 3:** Open one set of the purple and white impression material (putty).

**Step 4:** Knead the pieces of putty together for 1 minute (60 seconds) with your finger tips.

**Step 5:** Roll the putty into a log (or finger shape). Load the putty into the lower tray and spread the putty evenly, filling from edge to edge (all parts of the inside of the tray) with your fingertips.

**Step 6:** Place the tray over the center of your teeth, using your fingers gently push or press the tray all the way down over your teeth until the tray stops. The most common mistake is that the tray is pushed too far into the mouth and the front teeth are not in the center arch of the tray. Allow your lower lip to rest under the bottom of the tray.

**Step 7:** Let the putty harden for 4 minutes while it is on or over your teeth.

**Step 8:** Open your mouth and pull straight up to remove tray from teeth and then pull tray forward to remove from your mouth.

**Step 9:** Place the impression tray and putty into the plastic bag provided. *(Do not remove putty from the tray. Do not seal the plastic bag.)*

**Step 10:** Return by mail in the pre-paid priority box along with disclaimer.