

# Printable Instructions

Please watch our tutorials, read these instructions & terms and conditions before attempting the impression.

\*Please Note: Do not attempt to take your impressions on a hot day or in overly warm conditions.

If you are using our economy non-thermoformable trays you should still watch all 3 video Tutorials before attempting the impression.

## 1

### Before you start, you will need:

To Brush Your Teeth

A Stop Watch (or follow along with the video)

A Towel (to collect excess saliva)

A plastic bag which the impression trays came in.  
(This is to place the impression putty onto)

## 2

### Selecting the Tray

Select the correct size tray for your mouth and adjust it where necessary. Make sure you have practised inserting the tray into your mouth before using the impression putty.

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**Please Turn Over For Step 3**

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### Taking The Impression...

- Take **ONE** set of impression putty out of the fridge: **1 Colour + 1 White**
- Remove each impression material from the containers.  
(it does tend to stick to the pots so get your finger in and scoop it out)
- Place them separately onto the plastic bag which the trays came in making sure they do not contact each other.



### The following stages are to be completed within: **1 minute 20 Seconds**

- Start your Stopwatch and start mixing the **2 portions** of putty together to form one solid colour for **45 seconds**
- Roll the impression putty into a sausage, usually about the width of your palm, and place into the flat area of the impression tray. **20 Seconds.**  
\*\*If you are using medium or small impression trays you may not need to use all the impression putty.
- Insert the impression tray into your mouth and bite down. As soon as you feel any teeth hit the bottom of the tray stop biting. **15 seconds**

### Hold the Tray in Position for exactly **3 minutes.**

Hold the tray in position using the finger rests and lean over the towel allowing any excess saliva to fall onto it. Hold in place for **exactly 3 minutes.**

You can find examples of **Good VS Bad Impressions** on our website.



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### Final Steps:

#### Rinse the Impression...

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- Please rinse the impression under a cold tap and disinfect using the tablet supplied. Instructions can be found on our website.
  - Dont worry if you have misplaced the tablet. The laboratory will be disinfecting the impression before handling.
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#### Place the impression into the **specimen bag supplied.**

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- Complete any paperwork supplied. Please note, filling this form in incorrectly will slow the process down at the laboratory.
  - Place the completed impressions and paperwork into the box and reseal with the sticker supplied.
  - Make sure you have secured the box properly and use sellotape if necessary.
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#### Place the return address label **supplied by the company you have purchased your product** from onto the box.

- If you did not receive a return address label then contact the company you purchased your kit from to obtain their address.
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#### Posting the impressions back to the laboratory is **your responsibility.**

- You will need to go to the post office and obtain a **proof of postage** when posting the impressions back.

If you have any questions, please visit the **FAQ's** page on our website.

If you're unable to find the answer to your questions on our website, please use the contact form on our website to get in touch, where one of the team will be more than happy to assist you.