

A young woman with voluminous, curly brown hair is smiling broadly, showing her teeth. She is wearing a bright yellow, textured knit sweater. Her hands are clasped near her chin. The background is a solid, vibrant blue.

Impression Guide

Before You Begin

Important: Familiarize yourself fully with the impression process.
Failure to create a good impression could delay your order.

Kit Includes:

- 2 x Impression trays
- 1 x smile stretcher
- 1 x clear bag
- 1 x return label (located on the bottom of your impression box)

What You Need:

- Pot / pan for boiling water
- Cooker / stove top
- Free-standing table mirror
- No distractions. Plenty of time
- Camera phone
- Timer / stopwatch
- Clean hard surface
- Tissues for excess saliva
- Tongs or slotted spoon

Preparation

- Brush your teeth so that they are free of debris
- Remove any lip, mouth and tongue piercings
- Remove any removable dentures or plates
- Ensure you have everything you need at hand as listed above

- Fill your pot/pan with enough water to fully cover an impression tray
- Remove the plastic wrapping from impression trays

Ready?

Let's begin with your top teeth.



Timing is key – Get your timer / stopwatch ready.

1: Boil Water

Using a highheat setting, bring the water to a rolling constant boil.



Tip: Boiling water is dangerous, never leave unattended.

2: Place Tray in Pan

Insert 1x impression tray (material facing upwards) into the boiling water for exactly 1 minute 30 sec.



Do not under boil or over boil!

3: Remove & Cool

After boiling for 1 minute 30 seconds use the tongs or a slotted spoon to remove the tray from the pot by its handle or base without touching the putty. Leave to cool 3 minutes exactly.



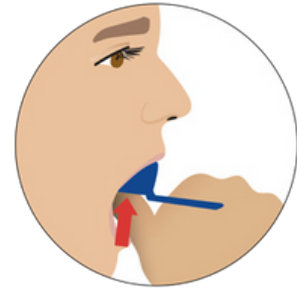
4: Align & Push Hard

Align: Use a mirror to guide your teeth into the premade channel of the putty. Keep your teeth away from the edge of the tray.



Push: Once aligned push up (or down for bottom teeth) As hard as you can – sink ALL your teeth in the putty until all teeth touch the tray.

Tip: Use your thumbs / fingers to push evenly.
We need depth on every tooth.



5:HoldinPlace

Hold in place for 4 minutes until the putty is fully set. Remain still.

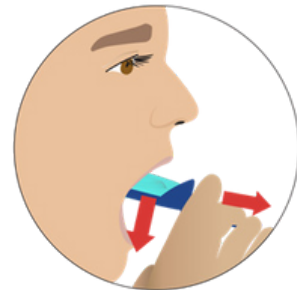
Tip: Don't remove early. Putty must be fully set.



6:Remove

After 4 minutes carefully remove the tray.

Tip: Don't remove early. Putty must be fully set.



7:Checkit

Does the impression look good?

Does it look like the Image to the right?

Yes? Please now repeat steps 1-6 for your bottom teeth

No? If it doesn't look like the image above don't worry you can re-use the impression. Please follow step 8.

- ✓Teeth Not Distorted
- ✓Deep Impression
- ✓Clear Gum Line



8:TryAgain

The process of repeating your impression is similar to your first attempt with two (2) key timing differences.



You will need to reboil the tray as before, for 1 minute 30 seconds.

But this time you will allow it to cool for only 2 minutes 30 seconds.



Now remold by pinching the sides of the over spilled putty and fold them back to its original state. Keeping the channel to align your teeth visible. **You have 30 seconds to do this.**

Next repeat steps 4-7 carefully. If you make another mistake don't worry you can always try again.

9: Approval Needed

Warning: Do not send your impressions back to us without approval as this could delay your order and incur an extra charge.

Once you are happy with your completed impressions, you will need to provide the photos for us to approve - follow Steps 9A and 9B.

9A: Impression photos

Using good natural light, take photos from various angles, so we can see all of the detail in the impressions.



9B: Teeth Photos

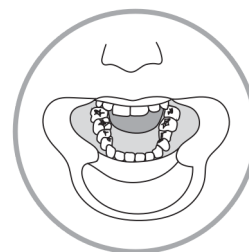
Use the Smile Stretcher to move your lips away from teeth. Take 3 close up photos and 1 facial smile photo:



1. Top and bottom teeth closed together



2. Open mouth top teeth



3. Open mouth bottom teeth

10: Send Us Your Photos

Once you are happy with your photos please email impression tray and teeth photos to: **mysmiledirect@gmail.com**

We will respond within 48 business hours (Mon-Fri.). While you are waiting for your approval place the impressions in the clear bag provided, but do not seal. Please keep this in a safe environment at an ambient room temperature.



11: Approval Received?

Once you have received approval from our technical team you can return the impression in to the impression kit box with the prepaid return label on bottom of the impression kit box.

**We require all customers to take both top & bottom impressions to ensure an optimum fit.*