

1 Before You Begin

Read all the instructions and watch the video tutorial. You only have **60 seconds** to complete steps 2-4. **One extra tray & putty is included.** Try the impression trays on for size, and begin with your upper impression.

Upper Tray:



Lower Tray:



2 Mix The Putty

Time limit: 30 SECONDS

Quickly mix one set of yellow and blue putty together until the mixture is **ONE SOLID COLOR.**

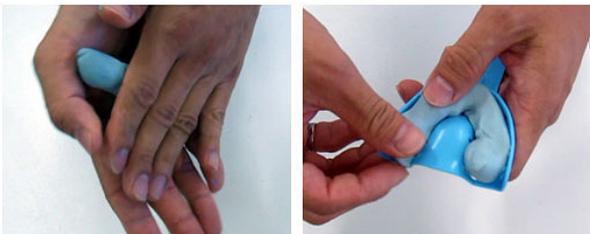


Tip - Flatten the two putties into pancakes, fold them together and knead.

3 Prepare The Tray

Time limit: 10 SECONDS

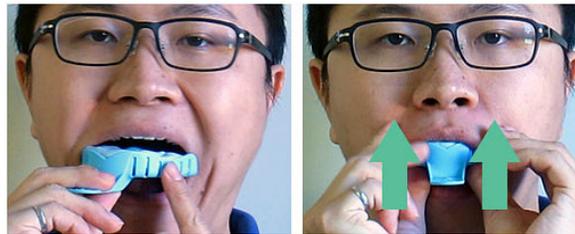
Quickly roll the putty material into a log shape and **equally distribute** it around the center groove of the tray.



4 Take The Upper Impression

Time limit: 10 SECONDS

Open your mouth half-way, pivot the tray in, and center it below your teeth. Keep mouth and lips relaxed. With fingers/thumbs along the arch of the tray, push the tray up **deeply** into your teeth (**including the back molars**) in **ONE EVEN MOTION** to avoid double indentations.



IMPORTANT - Push up, do not bite down. Push until you feel the putty material go past your teeth and cover your gums.

5 Hold and Wait

Time: 4 MINUTES

Hold the tray still for 3 minutes. **Do not move the tray** until the putty has hardened.



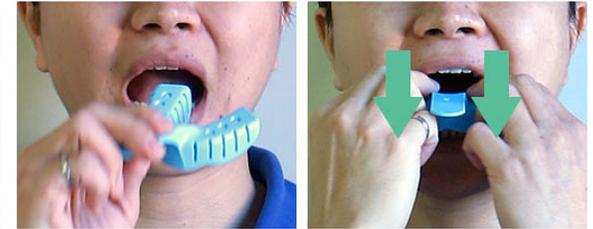
6 Remove Tray From Mouth



After 4 minutes, slowly pull the tray away from your teeth. **Do not** remove the hardened putty from the plastic impression tray.

7 Take The Lower Impression

We need both your **upper and lower** teeth impressions. Repeat steps 2-4 to take an impression of the lower teeth.



IMPORTANT - Be sure to use the upper tray for the upper impression and the lower tray for the lower impression.

8 Check Your Impressions

How did you do? Your impressions should capture:

- a clear shape of your **front teeth** and **back molars**
- the **gums** around your back molars
- the **palate** behind your front teeth

If you took a bad impression, peel the putty material out of the tray and take a new impression using your extra set of putty.

