

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 lower 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

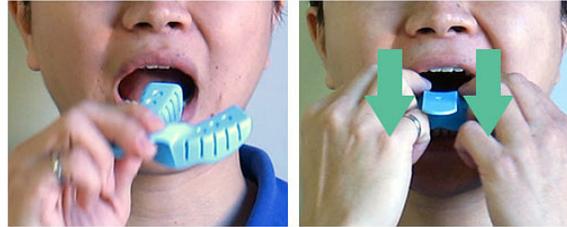
Quickly roll the putty material into a log shape and **equally distribute** it around the center groove of the tray.



4 Take The Lower Impression

Time limit: 10 SECONDS

With 2 fingers along the arch of the tray, push the tray down deeply into your teeth until you feel the putty go past your teeth and cover your gums.



IMPORTANT - We need both the upper and the lower teeth impression to ensure a comfortable fit for your night guard, whether it'll be fit to your upper or lower teeth.

5 Hold and Wait

Time: 4 MINUTES

Hold the tray still for 4 minutes. **Do not move the tray** until the putty has hardened.



6 Remove Tray From Mouth

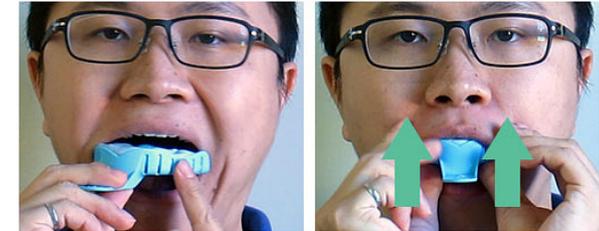
After 4 minutes, slowly pull the tray away from your teeth.

IMPORTANT - Do not remove the hardened putty from the plastic impression tray.

7 Take The Upper Impression

Time limit: 10 SECONDS

Repeat steps 2-3. 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 in **ONE EVEN MOTION** to avoid double indentations. Repeat steps 5-6



IMPORTANT - Push up, do not bite down.

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.



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