

BEFORE YOU BEGIN

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



Scan the QR code using your camera to watch our instruction video
Use your mobile phone camera only, do not use a QR code reader app.

instasmile.com/pages/impression-kit-guide/

KIT CONTENTS

Impression trays* Return Label**
Clear Medical Bag Return Mailing Bag

*If you have ordered only a top OR bottom we may ask you to do an opposing impression. Please keep the second tray safe.
**US Customers will be emailed a return label when impressions have been approved

WHAT YOU NEED

- Pot / pan for boiling water
- Cooker / Stove
- Free standing table mirror
- Timer / Stopwatch
- Camera phone
- No Distractions. Plenty of time
- Clean hard surface
- Tongs or Slotted spoon
- Metal spoon (to create channel - remolding only)

PREPARATION

- Brush your teeth so that they are free of debris
- Remove any lip, mouth & tongue piercings
- Remove any removable dentures or plates
- Ensure you have everything gathered as noted in 'WHAT YOU NEED'
- Fill your pot / pan with enough water to fully cover an impression tray
- Remove impression tray from plastic bag
- A desk / table with a chair so you can sit still and rest your elbows while taking your impression
- Prepare to sit still - Don't Move



TIMING IS KEY

Get your timer / stopwatch ready.

1 Boil Water

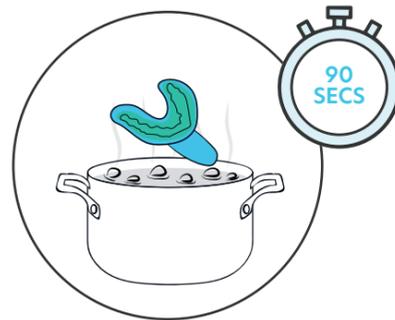


Use a high heat to bring the pan to a rolling boil (where large bubbles rise and burst continuously across the surface of the water)

TIP: BOILING WATER IS DANGEROUS. NEVER LEAVE UNATTENDED OR ALLOW IT TO TOUCH YOUR SKIN.



2 Place Tray in Pan



Insert 1 x impression tray (material facing upwards) into the boiling water for **exactly 90 seconds**.

TIP: LEAVE IN BOILING WATER FOR PRECISELY 90 SECONDS.



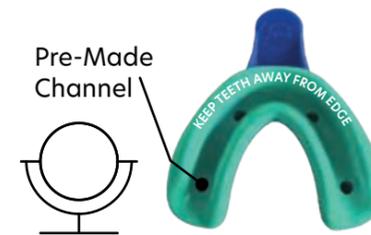
3 Remove & Let Cool



At **90 SECONDS** use the Tongs / Slotted Spoon to remove the tray from the pan by its handle or base without touching the putty. Leave to cool for **3 MINUTES** exactly.

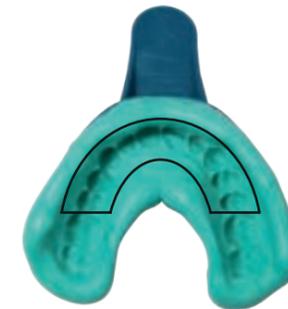
4 Make Your Impression

When seated, place your elbows on the table, and align your tray, we recommend using a mirror.



ALIGN: Remember to leave a 1/2 inch (1cm) gap at the front of the tray. Use the mirror to guide your teeth into the pre-made channel of the putty.

Our Expert Tip

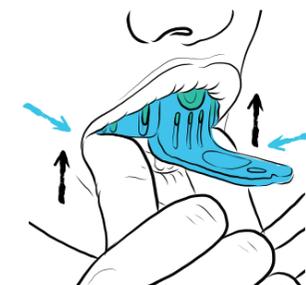


One of the most common reasons for an impression not being approved is tray placement. Please ensure you **position your teeth in the channel on the tray** leave a 1/2 inch (1cm) gap between your teeth and the front of the tray.

PUSH: Once aligned, push up (or down for bottom teeth) in one continuous movement as deep as possible until your teeth touch the tray.

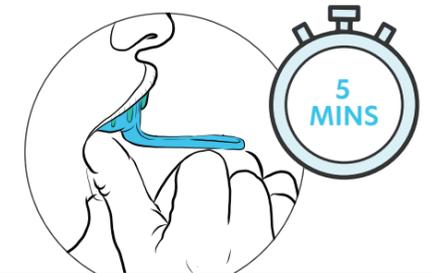
TIP: USE YOUR THUMBS / FINGERS TO PUSH EVENLY. WE NEED DEPTH ON EVERY TOOTH. WE ONLY NEED YOU TO CAPTURE THE FRONT 12 TEETH, NO FURTHER BACK.

Place thumbs under your canine (fang) teeth when pushing hard



Keep your elbows rested on the table to maintain stability and pressure.

5 Hold in Place - Sit Still



Hold in place for **5 MINUTES** until the putty is fully set. Remain seated and perfectly still so not to disrupt the impressions. Make sure your lip is on the outside of the tray.

TIP: DON'T REMOVE EARLY. PUTTY MUST BE FULLY SET FIRST.

Our Expert Tip



Keep your elbows on the table throughout to help ensure you **stay perfectly still** for the 5 minutes the impression is in your mouth. Any movement, including talking, will distort the impression meaning it either won't pass or your veneers will not fit correctly.

Remember: No Distractions! Don't Move!

6 Remove

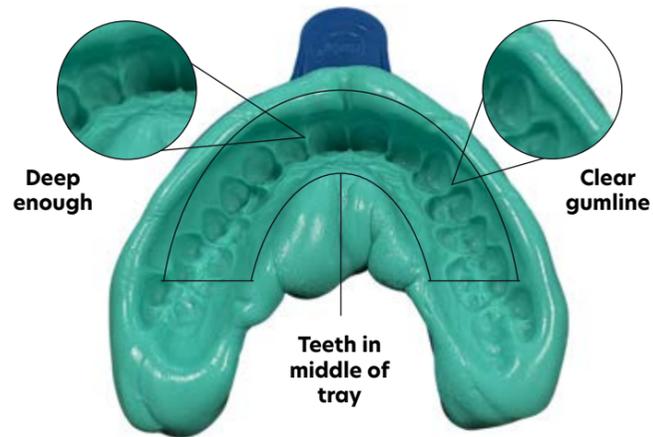


AFTER 5 MINUTES, using the front handle of the tray, immediately remove the tray from your mouth.

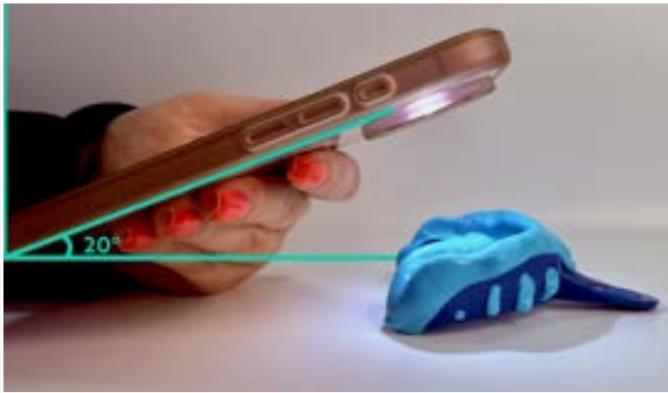
PULL THE HANDLE SLOWLY DOWN (OR UP) WHICH WILL ALLOW THE TRAY TO RELEASE - DO NOT BE TEMPTED TO WIGGLE.

7 Upload Your Photos

What We Need To See



How To Use The Uploader



- Your phone should be on a 20° angle from the table
- Approx. 5cm from the impression
- Allow access to camera when prompted
- Take photo in natural light
- Ensure photo is clear
- Ensure we can see each tooth clearly



Scan the QR code using your camera to use our uploader

Use your mobile phone camera only, do not use a QR code reader app.

uploader.instasmile.com/impressions

8 Approval Received?

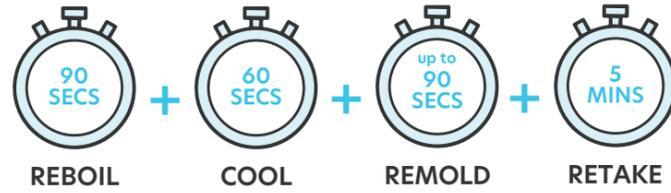


We will check your impressions and notify you within 24 hours - please do not email us.

9 Need to Retake?

IF YOU HAVEN'T ALREADY SPOKEN TO US, PLEASE CALL US BACK USING THE DETAILS ON OUR WEBSITE.

THE PROCESS TO REPEAT YOUR IMPRESSION IS SIMILAR TO YOUR FIRST ATTEMPT WITH TWO (2) KEY TIMING DIFFERENCES.



A REBOIL and COOL



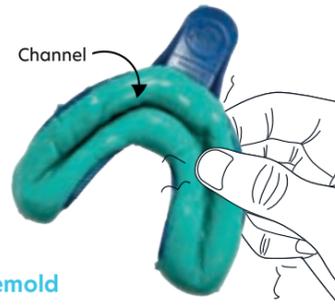
You will need to reboil the tray as before for **90 SECONDS** but this time you will allow it to cool for only **60 SECONDS**.

B REMOLD

AFTER 60 SECONDS

Pinch the sides of the over spilled putty & fold them back to its original state. **Keeping a channel to push your teeth into.**

You have **90 SECONDS** to remold and create the channel.



Tip: You can use a metal object such as the handle of a spoon to help you create the channel, like in the photo above.

C RETAKE

NOW REPEAT STEPS 4 - 7 CAREFULLY. If you make a mistakes, don't worry, you can always try again.

Tip: Push hard in one motion and hold still

Scan the QR code using your camera to watch our remolding video

Use your mobile phone camera only, do not use a QR code reader app.

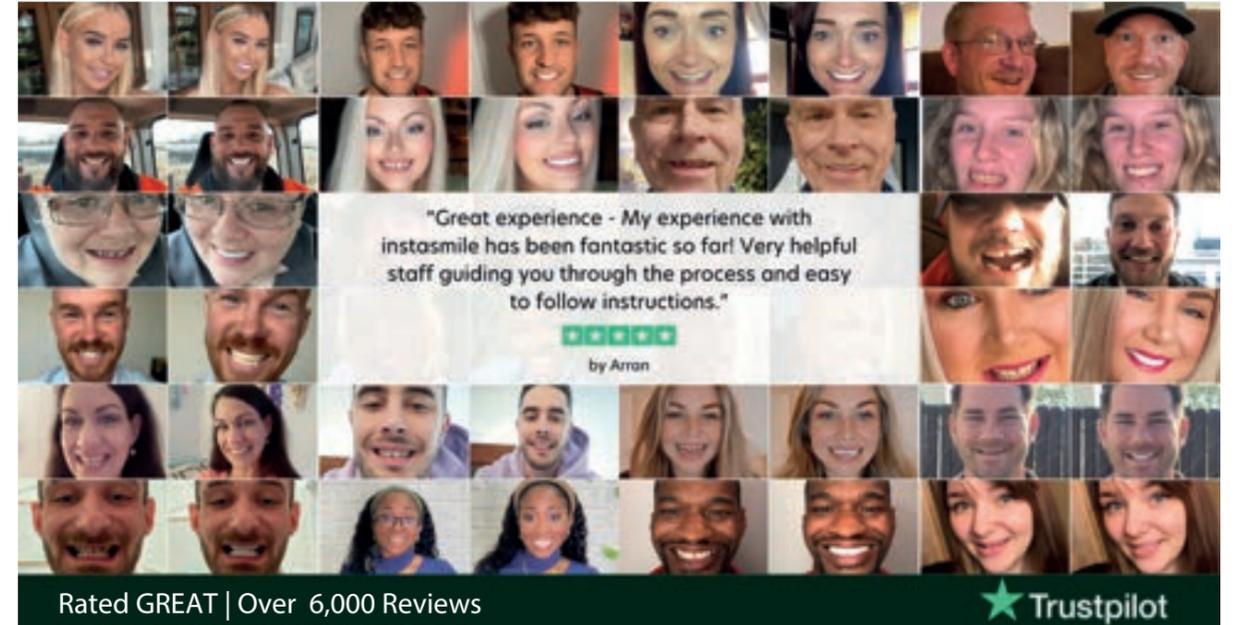
instasmile.com/impression-remolding/



10 Need Help?

Please contact us and a member of our friendly team will be happy to assist you. You can find up to date contact information on our website at instasmile.com/pages/contact-us

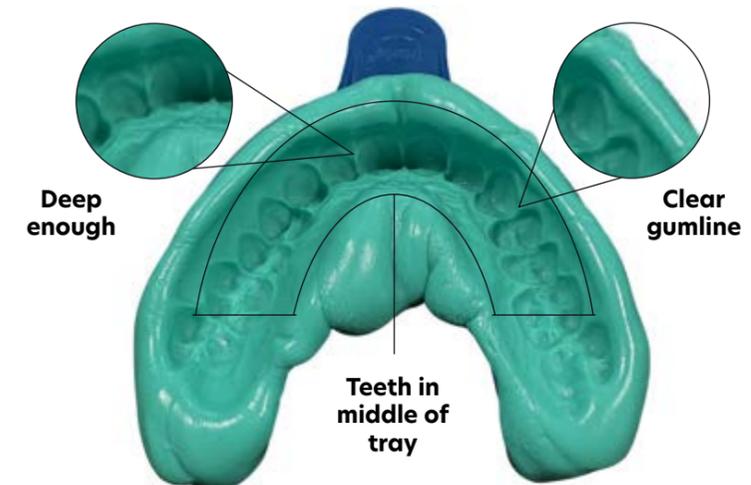
We also have lots of useful information on our website and in our FAQs. instasmile.com/pages/impression-kit-guide



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Discover your confidence



Example of a good impression

IMPRESSION INSTRUCTIONS