

BEFORE YOU BEGIN

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



SCAN TO WATCH
THE VIDEO









KIT CONTENTS

Impression tray(s)
Clear Medical Bag

Return Label
Return Mailing Bag

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

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.

READY? LET'S BEGIN.



TIMING IS KEY

Get your timer / stopwatch ready.

1 Boil Water

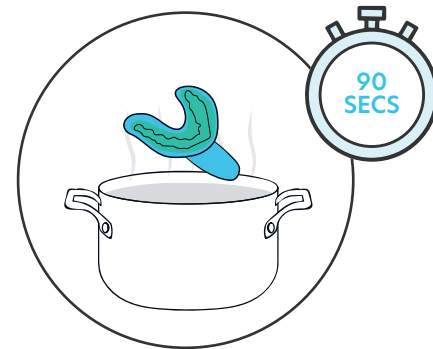


Use a high heat to bring the pan to a rolling / constant boil.

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: DON'T OVERBOIL OR UNDERBOIL, LEAVE IN BOILING WATER FOR PRECISELY 90 SECONDS.



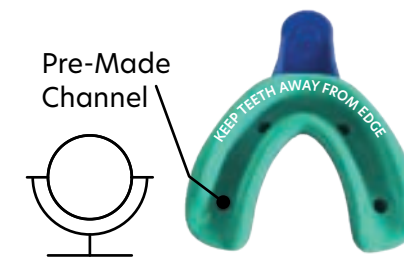
3 Remove & Let Cool



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

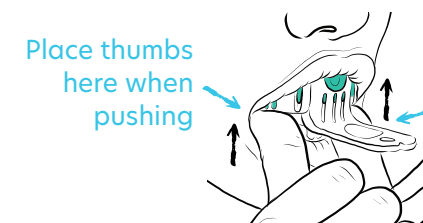
When seated, place your elbows on the table, and align your tray



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

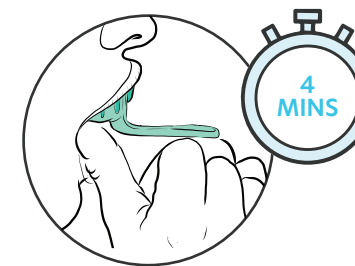
PUSH: Once aligned, push up (or down for bottom teeth) in one continuous movement as deep as possible until your teeth touch the tray

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



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

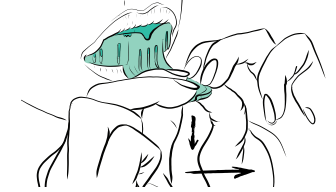
5 Hold in Place



Hold in place for 4 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.

6 Remove

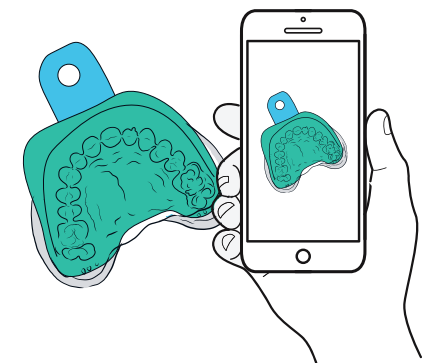


AFTER 4 MINUTES, using the front handle of the tray, immediately remove the tray from your mouth.

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

Next, it's time to take photos...

7a Impression Photos



TAKE PHOTOS OF YOUR IMPRESSIONS

- Use good natural light.
- Take clear photos from various angles.
- We need to clearly see all of the detail in the impression.

7b

Photos of Teeth

TAKE PHOTOS OF YOUR NATURAL TEETH

Take 3 close-up photos of your teeth.



1. Top and bottom teeth closed together in your natural resting position. Rest your jaw and bite together



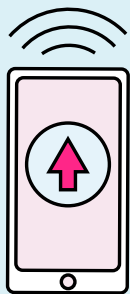
2. Open mouth top teeth



3. Open mouth bottom teeth

8

Send us your Photos



DO NOT SEND YOUR ACTUAL IMPRESSIONS TO US WITHOUT APPROVAL

Once you are happy with your photos, please upload them through our uploader at

uploader.instasmile.com/impressions

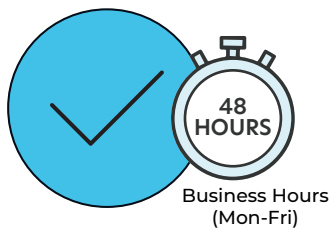
or by scanning the QR code above.

Don't forget to include your full name, order number, and attempt number.

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

9

Approval Received?



Once you have received approval from our technicians you can return the impressions back to us. Seal the medical bag and place the impressions into the return mailing bag. Peel the back of the return label (if provided**) and stick this label onto the front of the mailing bag. Take the mailing bag to the nearest drop off location making sure you keep a note of the tracking information.

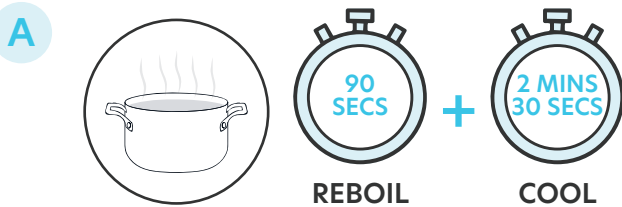
**US Customers will be emailed a return label when impressions have been approved

10

Need to Retake?

OUR TEAM WILL CALL YOU TO PROVIDE HELP BEFORE YOU TRY AGAIN, SO LOOK OUT FOR OUR CALL.

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



You will need to reboil the tray as before for **90 SECONDS** but this time you will allow it to cool for only **2 MINUTES 30 SECONDS**.

B REMOULD

AFTER 2 MINUTES 30 SECONDS

pinch the sides of the over spilled putty & fold them back to its original state. Keeping the channel to align your teeth visible.

You have 30 SECONDS to do this.



NOW REPEAT STEPS 4 - 7 CAREFULLY.

If you make a mistake, don't worry, you can always try again.

Tip: Remember to leave a 1/2 inch (1cm) gap at the front of the tray.

SCAN TO WATCH THE VIDEO



11

Need Help?



Please call us and a member of our friendly team will be happy to assist you.

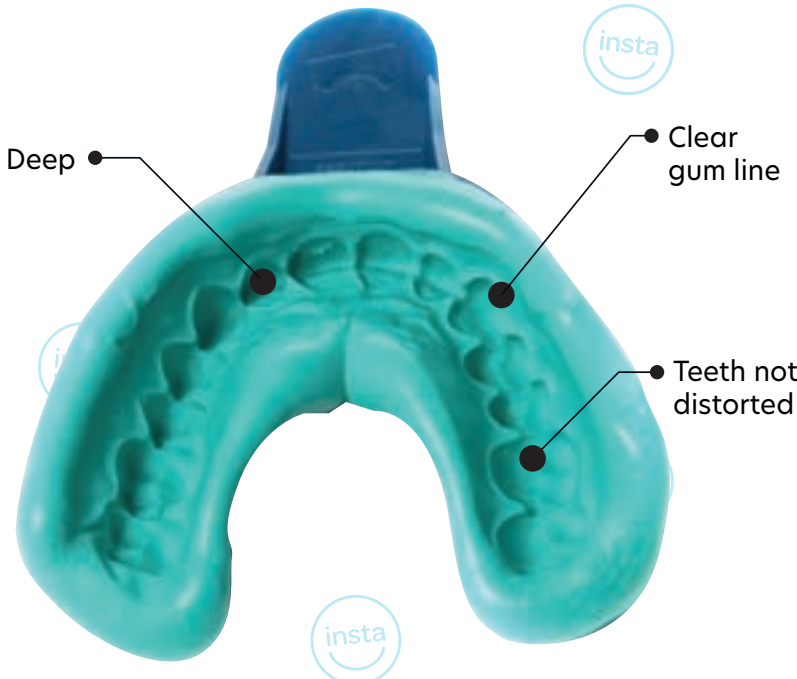
US Customers **855 955 5910**

UK Customers **0800 060 8077**

We also have lots of useful information on our website and in our FAQs

instasmile.com

instasmile
Discover your confidence



IMPRESSION INSTRUCTIONS