

## 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 trays\*










We've included an extra tray to ensure you have everything you need

Clear Medical Bag

Return Mailing Bag

- US customers will be emailed a return label when the impression has 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
-  Tissues for excess saliva
-  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.

## READY? LET'S BEGIN.

An opposing impression is needed for a top and bottom only order, if you have missing teeth, to ensure an optimum fit.



### TIMING IS KEY

Get your timer / stopwatch ready.

## 1 Boil Water

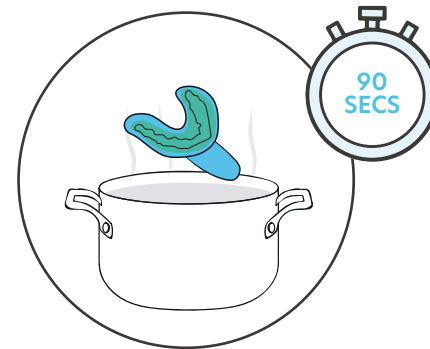


Use a high heat to bring the pan to a rolling / constant boil.

**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.

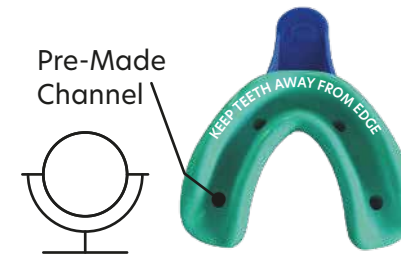


## 3 Remove & Let Cool

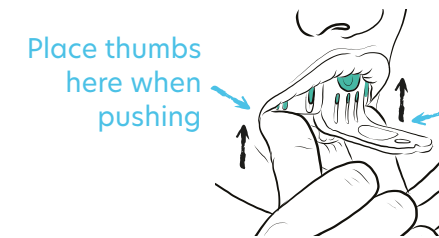


At **90 SECONDS** use the Tongs / Slotted Spoon to remove the tray from the pan by its handle or base without touching the putty. Leave to cool for **3 MINUTES** exactly.

## 4 Make Your Impression



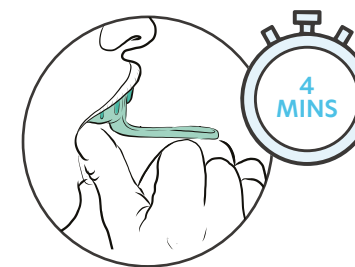
**ALIGN:** Remember to leave a 1/2 inch gap at the front of the tray. Use the mirror to guide your teeth into the pre-made channel of the putty.



**PUSH:** Once aligned, push up (or down for bottom teeth) AS DEEP AS POSSIBLE - in one quick push. Once your teeth touch the tray, stop pushing and hold still.

**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.

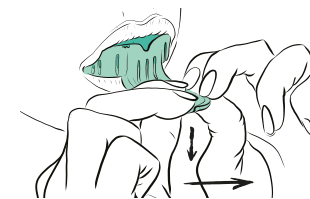
## 5 Hold in Place



Hold in place for **4 MINUTES** until the putty is fully set. Remain still. Make sure your lip is on the outside of the tray.

**TIP:** DON'T REMOVE EARLY. PUTTY MUST BE FULLY SET FIRST. REST YOUR ELBOWS ON A FLAT SURFACE.

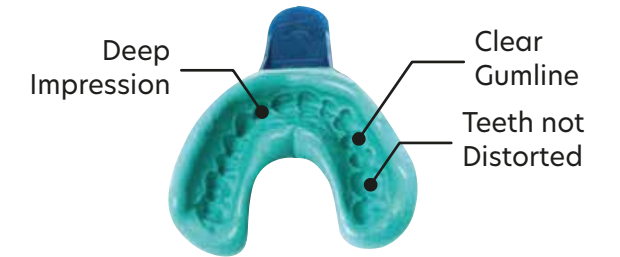
## 6 Remove



**AFTER 4 MINUTES**, using the front handle of the tray 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.

## 7 Check it



**Tip:** We only need to see the front 6 teeth on each side. See front of leaflet for a larger image.

**Does the impression look good?**  
**Does it look like the image above?**

### Yes?

Please now repeat steps 1 - 6 for your **BOTTOM TEETH**.

### Unsure?

If it doesn't look like the image above, don't worry, send your images for assessment anyway, so our team can check them.

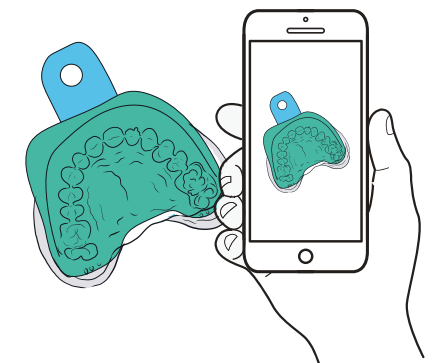
If you need help, please see section 12.

## 8 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 have completed your impressions, you will need to provide the photos to us for us to approve (follow steps 8a and 8b).

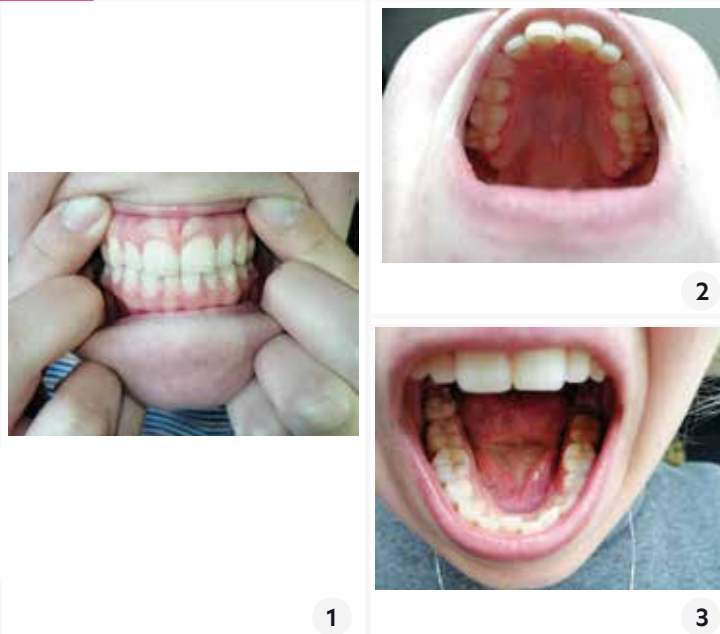
## 8a Impression Photos



### 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.

## 8b Photos of Teeth



### TAKE PHOTOS OF YOUR NATURAL TEETH

Take 3 close-up photos of your teeth.

- 1 Top & bottom teeth closed together.
- 2 Open mouth top teeth.
- 3 Open mouth bottom teeth.

## 9 Send us your Photos

DO NOT SEND YOUR IMPRESSIONS TO US WITHOUT APPROVAL



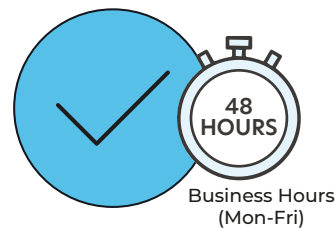
US customers will be emailed a return label when the impression has been approved.

Once you are happy with your photos, please upload them to the 'Your Instasmile Account' area on the website or alternatively email us your photos at [impressions@instasmile.com](mailto:impressions@instasmile.com)

Don't forget to include your order number on the email.

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.

## 10 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. Tape the return 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.

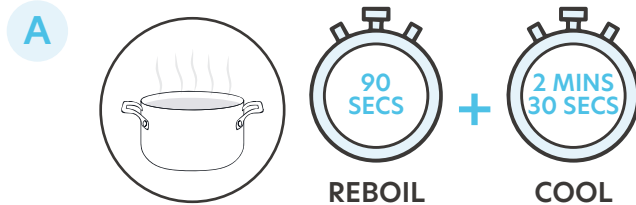
Please only send the approved impressions and keep any spare trays in a safe place.

\*\*US customers will be emailed a return label when the impression has been approved.

## 11 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 gap at the front of the tray.

SCAN TO WATCH THE VIDEO



## 12 Need Help?

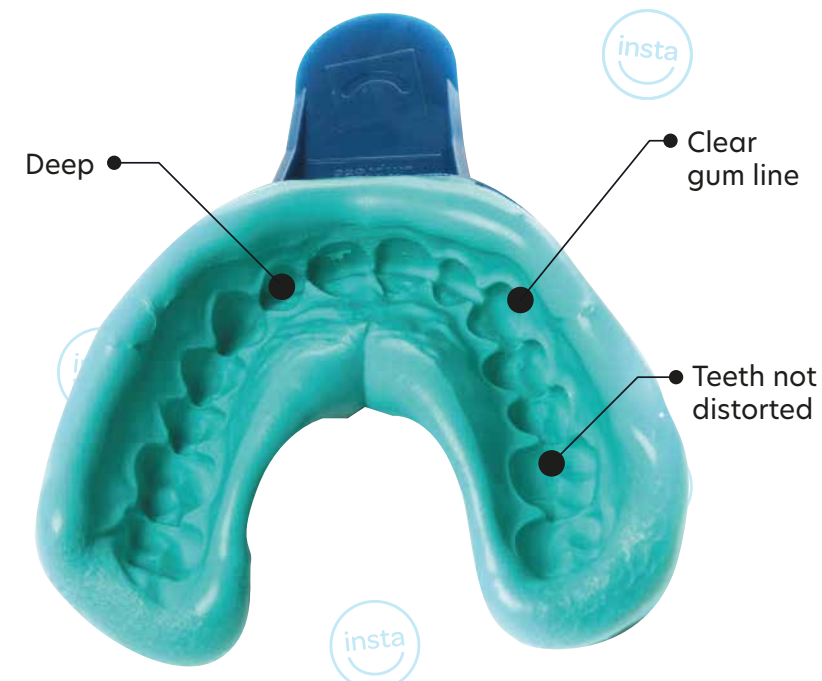


Please call us on 833 811 7011 and a member of our friendly team will be happy to assist you.

We also have lots of useful information on our website and in our FAQs.  
[instasmile.com](http://instasmile.com)

instasmile

Discover your confidence



# IMPRESSION INSTRUCTIONS