

instasmile<sup>®</sup>

# Top Impression Instructions



**WARNING**  
**DO NOT ATTEMPT**

To take your impression until



**A.**

You have  
received your  
activation call



**B.**

You have read the  
instructions  
carefully



**C.**

You have watched  
the walkthrough  
video

# Kit Contents



Attempt 1



Spare set

## Impression Putty

x2 White | x2 Coloured



Small



Medium



Large

## Impression Trays

x3



Clear Medical Bag

x1



Return Mailing Bag

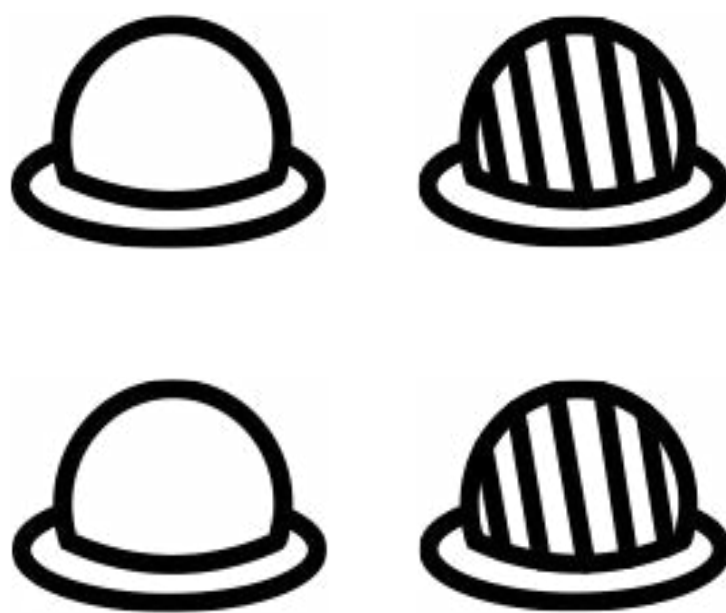
x1

# Before you begin



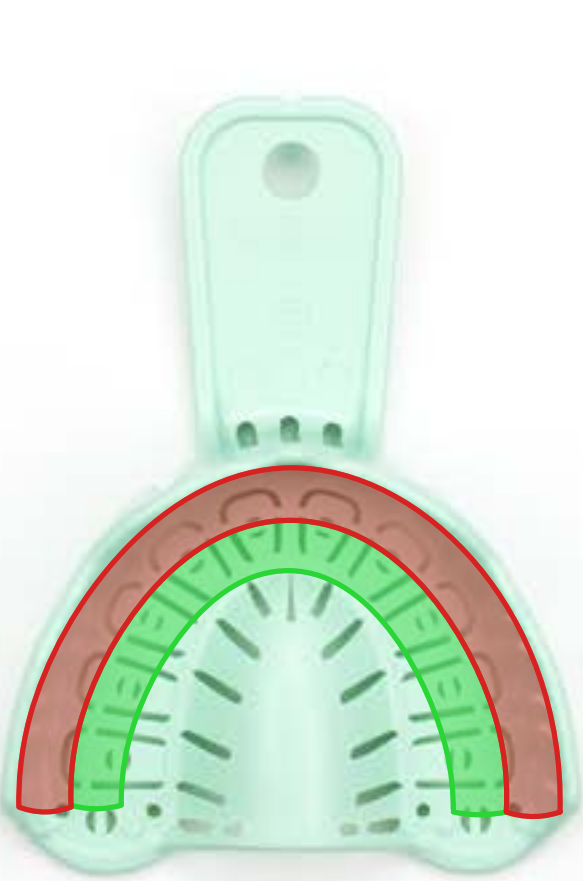
## Read all instructions

Scan QR code to watch our how-to video or visit [instasmile.com/impression-guide](https://instasmile.com/impression-guide)

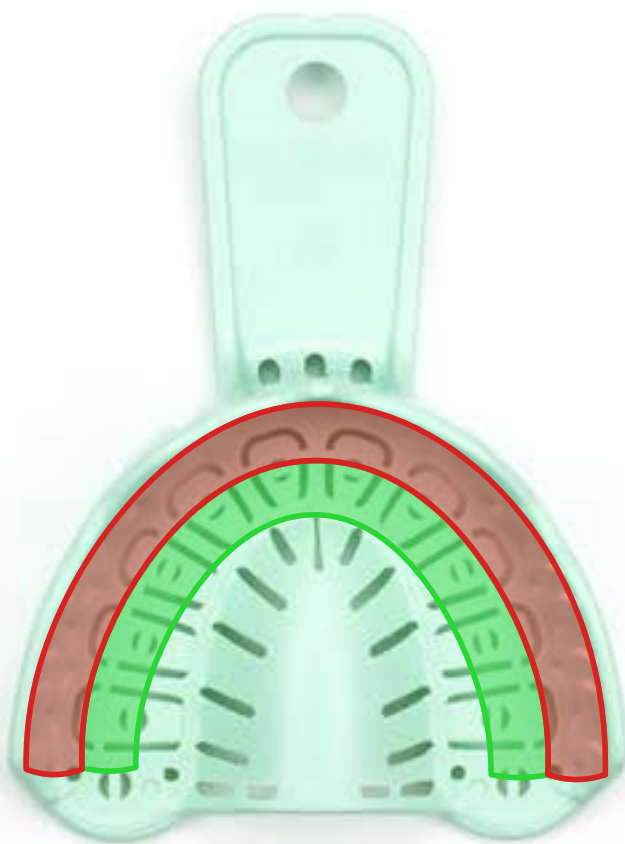


## Place all the putty into your refrigerator

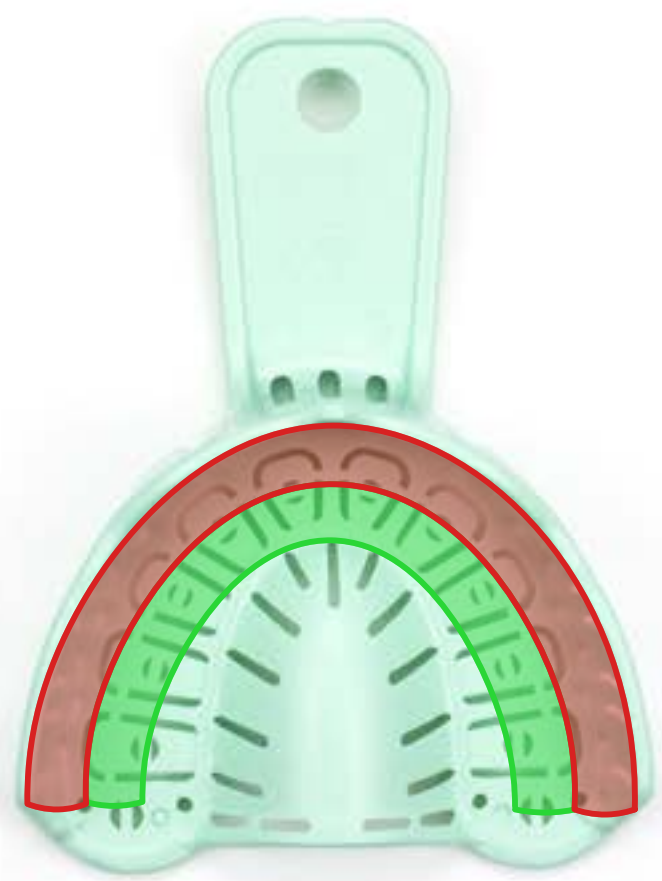
1 hour before you take your impression



Small



Medium



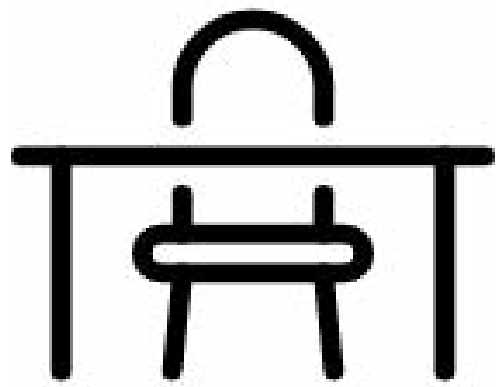
Large

## Select which size tray fits you most comfortably

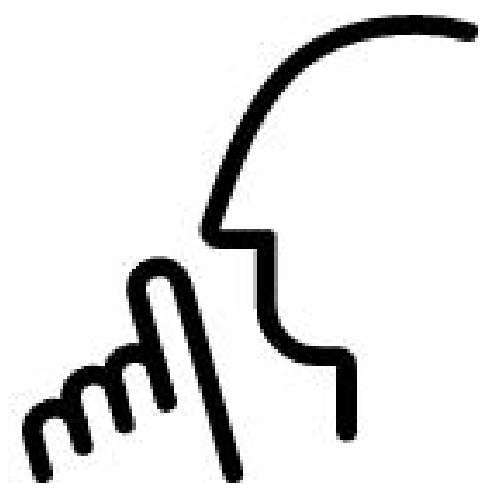
Align your teeth to the green line, avoiding the outer red area in the diagram above

# Important Information

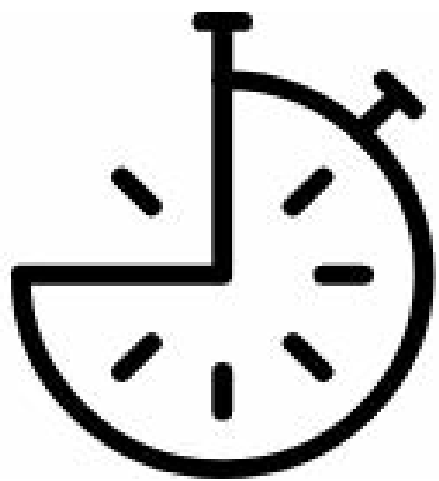
The below points are vital pieces of information to follow to ensure you produce a suitable impression using this instruction guide.



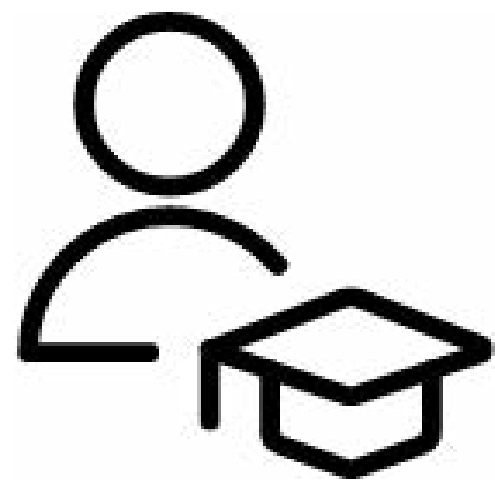
Be seated & have a flat surface to work on



Be comfortable.  
Have no distractions



Time restrictions will be shown in **bold**



**Tips** are what our customers find helpful

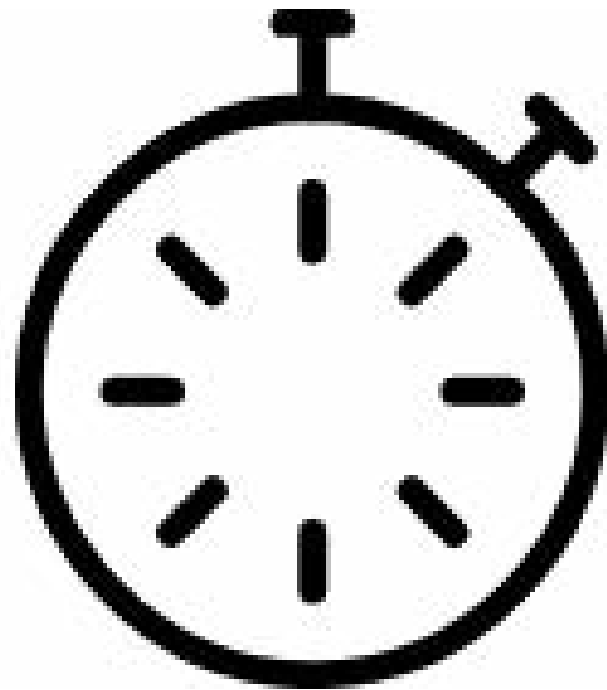
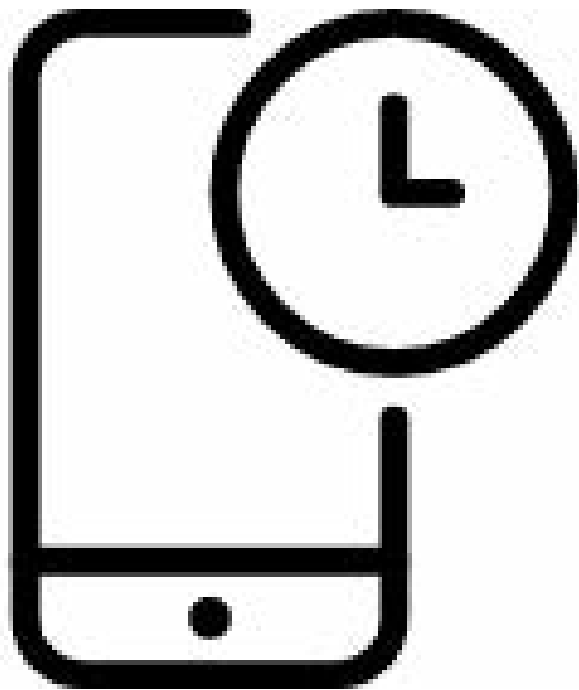


Please remove all mouth, tongue and lip piercings



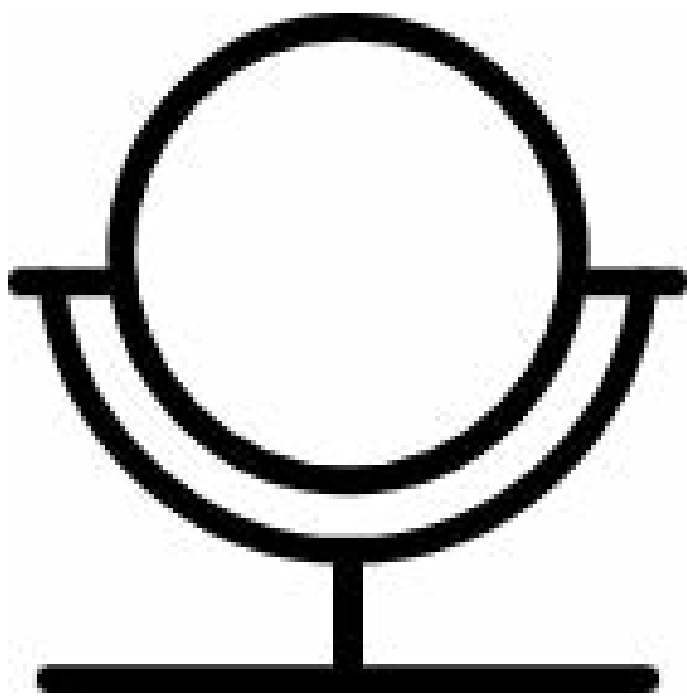
Do not move whilst taking your impression

# You will **need**



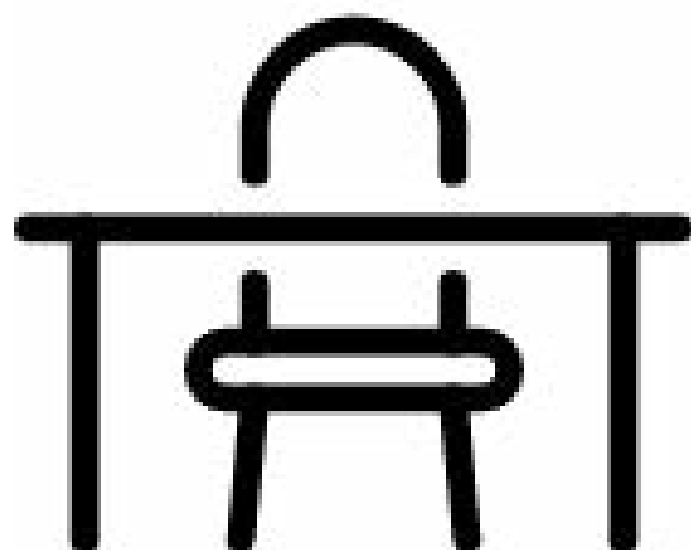
## **Stopwatch or Timer**

Steps in the instructions enforce a time restraint that must be followed



## **Stand Alone Mirror**

Will help aligning the impression in your mouth



## **Flat Surface**

Will help ensuring the impression doesn't move when in the mouth

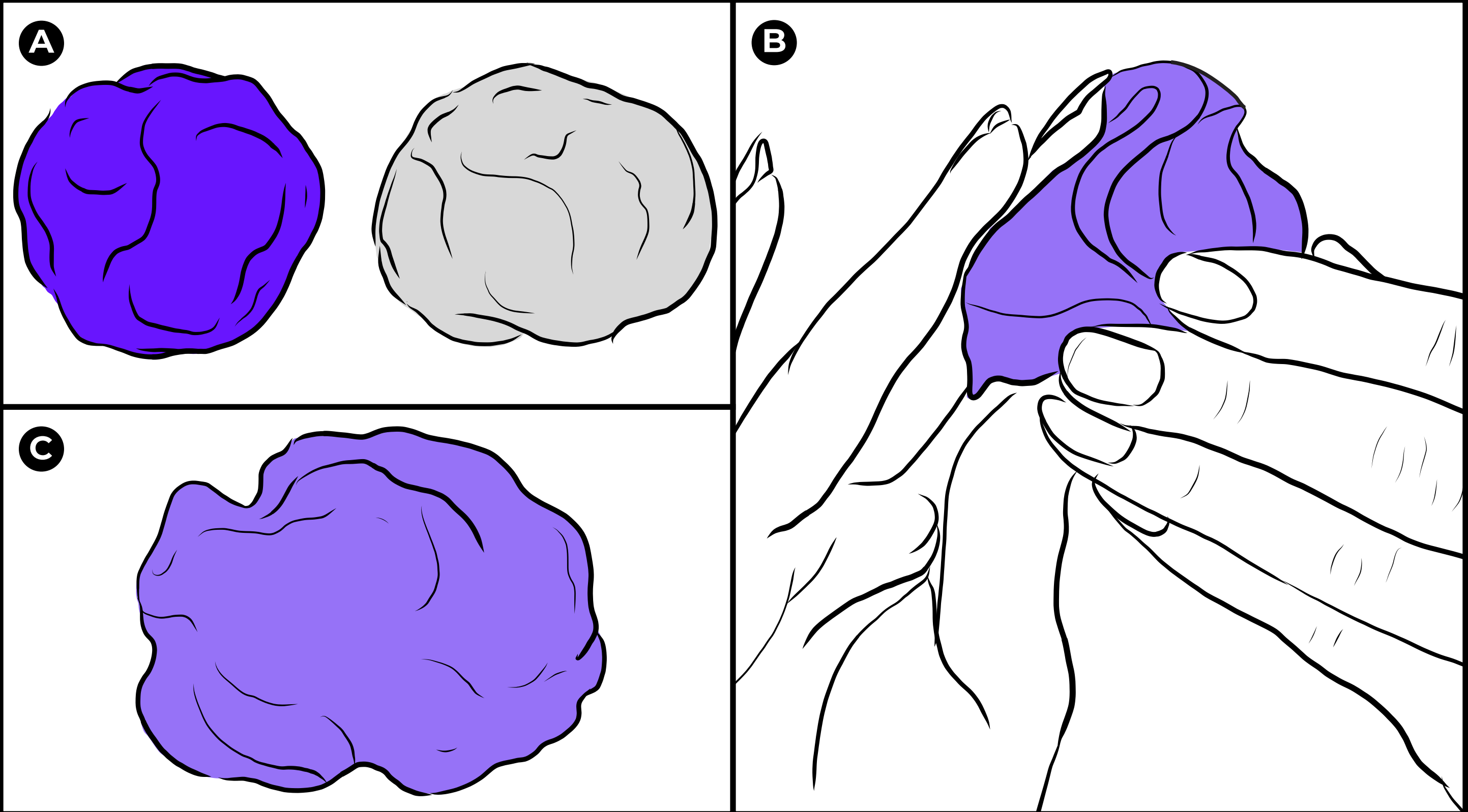
# Scroll to start



# 1

## MIX THE PUTTY

FOR 00:40



Place putty in refrigerator for **1 hour** before you begin

- 1 Working **hard** and **fast** use your fingers to **mix** 1 x white & 1 x coloured putty together until they form one solid colour.
- 2 Mix until all white streaks have disappeared but **never exceed 40 seconds**.

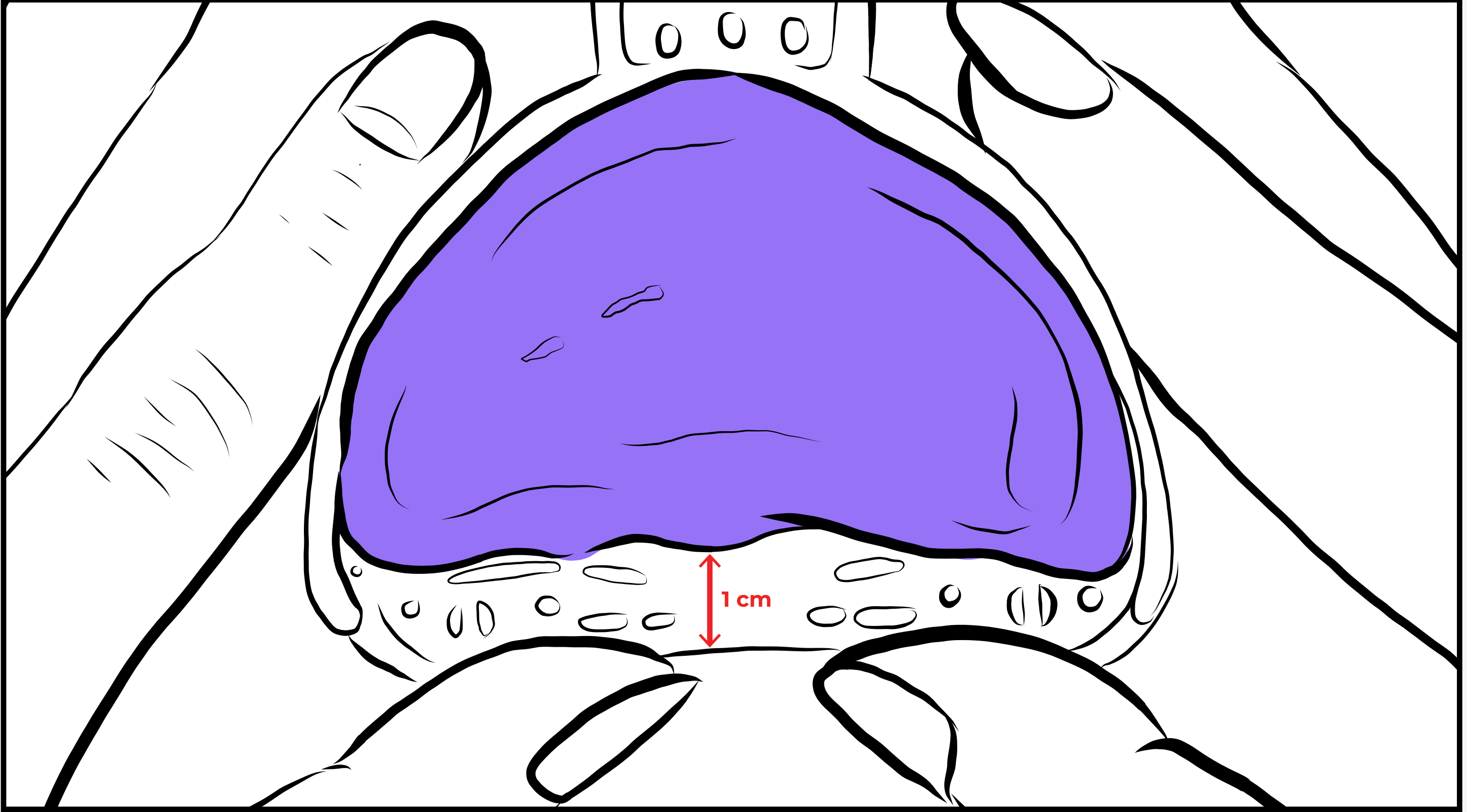
### Tip:

If the putty is not mixed after 40 seconds do not continue with that putty and start step 1 again with new putty.

2

## PUT IN THE TRAY

WITHIN 00:10



- 3 Form the putty into an **egg shape**.

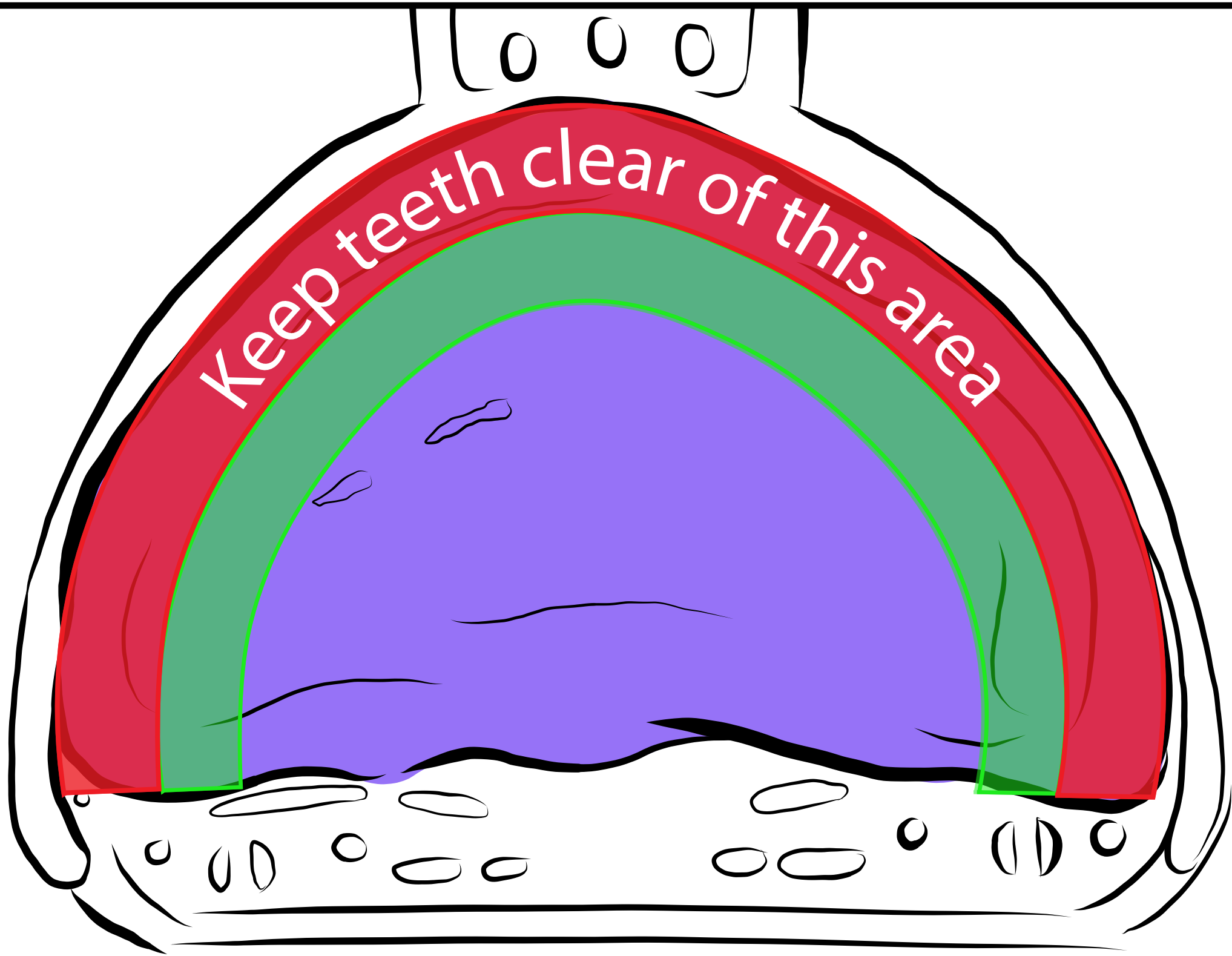
### Tip:

Pack the putty into the front of the tray like the image shown. Leave a 1cm gap at the back of the tray.

3

## INSERT & ALIGN

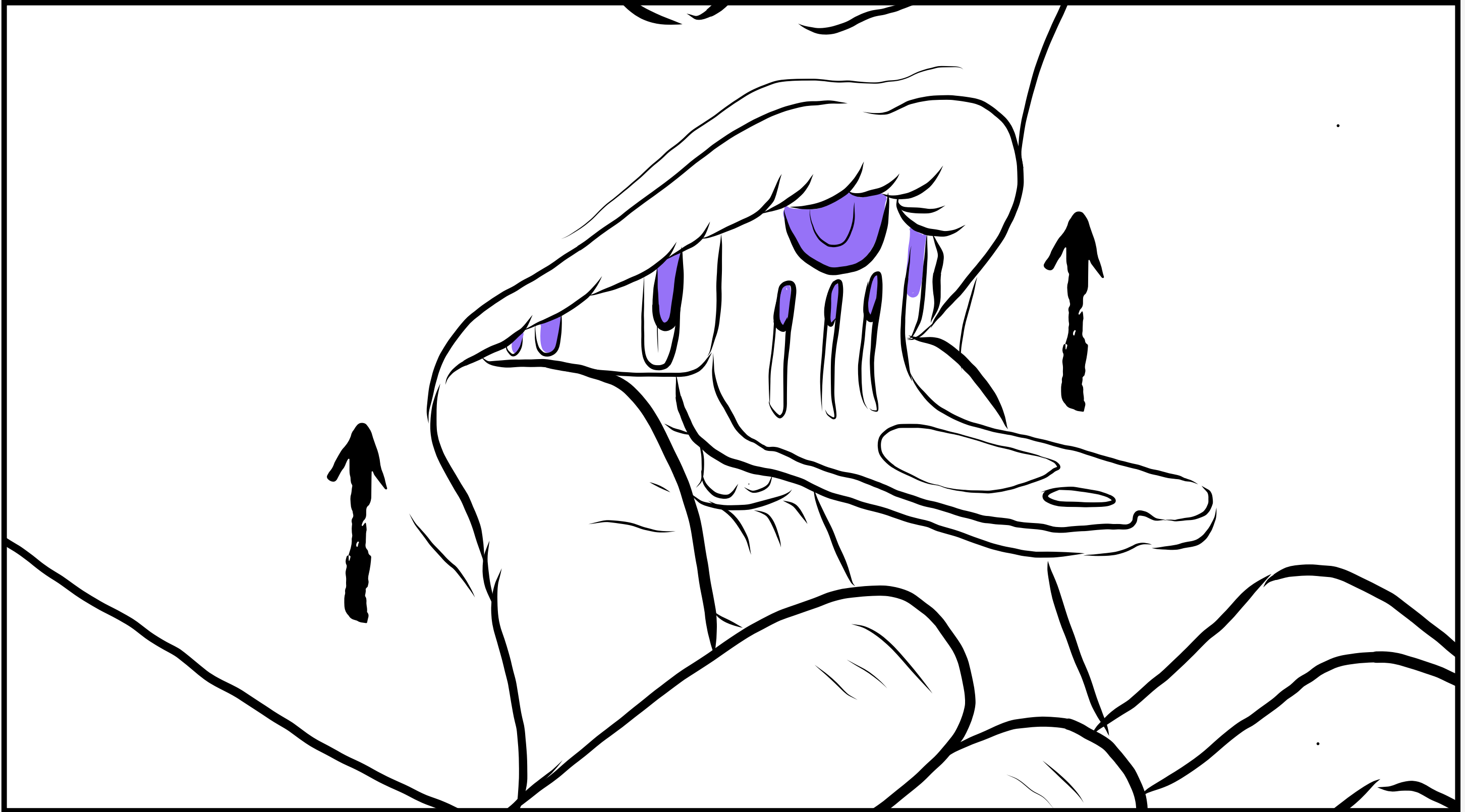
WITHIN 00:10



- 4 Do not sink teeth into the putty, until correctly aligned.
- 5 Place your finger in the ridges either side of the tray.
- 6 Using a mirror, **align** your teeth **centrally** (**green** illustrated area).
- 7 Keep your teeth **away** from the **edge** of the tray (**red** illustrated area).
- 8 When your fingers touch your teeth, quickly move to step 4.



## 4 PUSH AS HARD AS YOU CAN



- ⑨ In one continuous motion push **firmly**, sinking teeth as **deep** as possible into the putty through to the bottom of the tray.

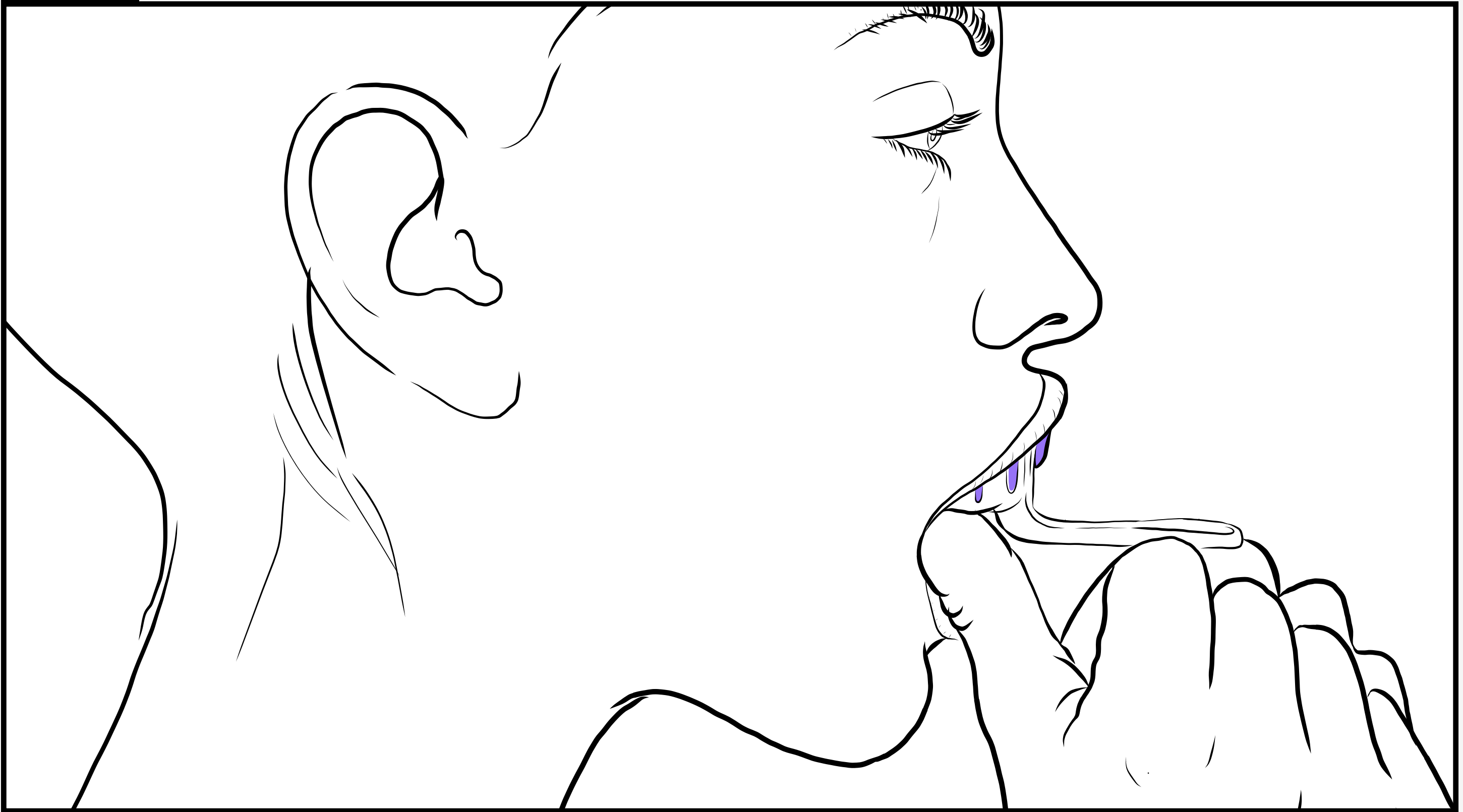
### Tip:

Try to get your lip over the top of the impression. We need to capture your gumline.

5

HOLD

FOR 04:00



- 10 Rest your elbows on a flat surface. Keep still and maintain pressure on the tray ensuring **it does not move**.
- 11 Hold in place for **4 minutes**. After **4 minutes** touch the putty to check it has set. If not keep in the mouth and check again every 10 seconds until hard.

**Tip:**

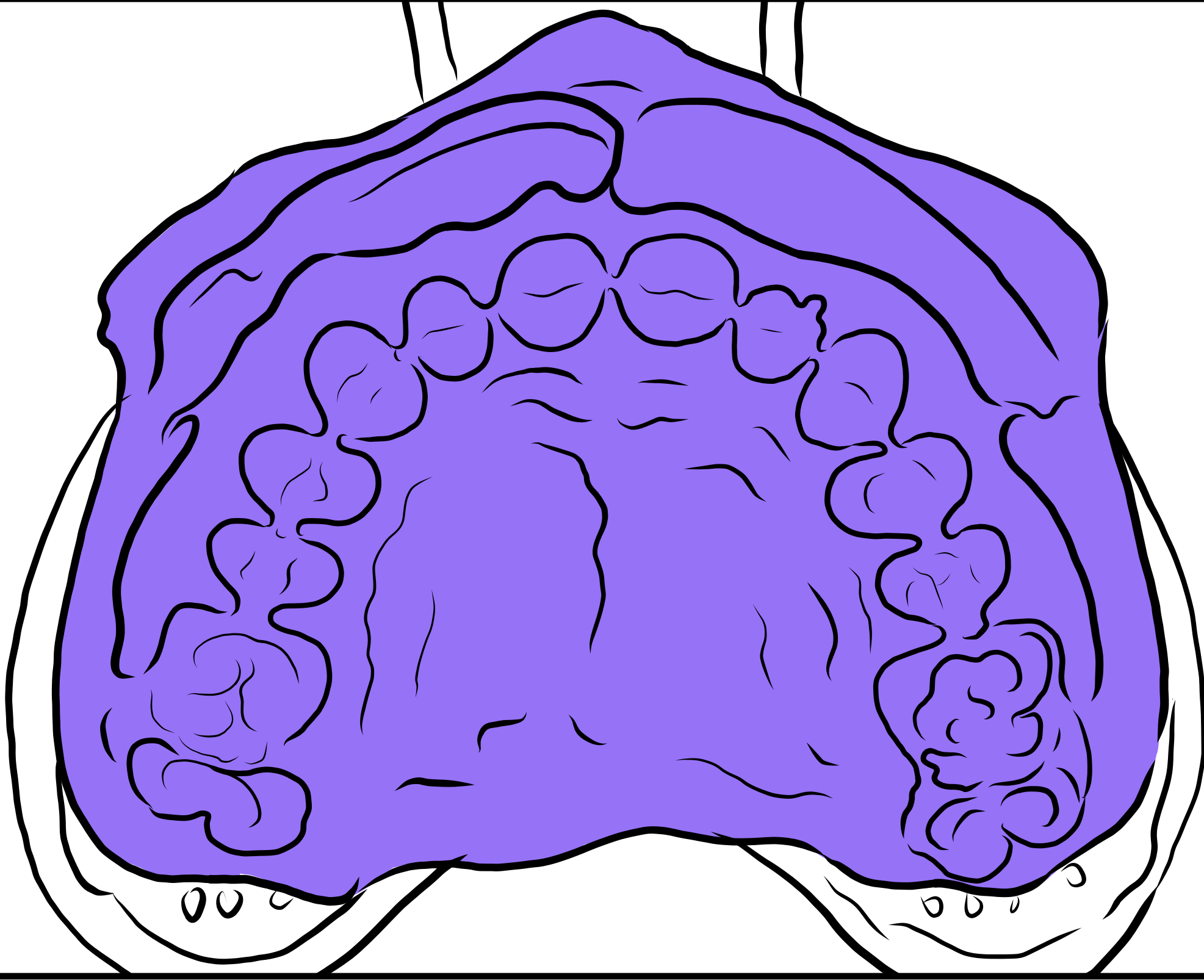
Keep completely still. Try to breathe through your nose.



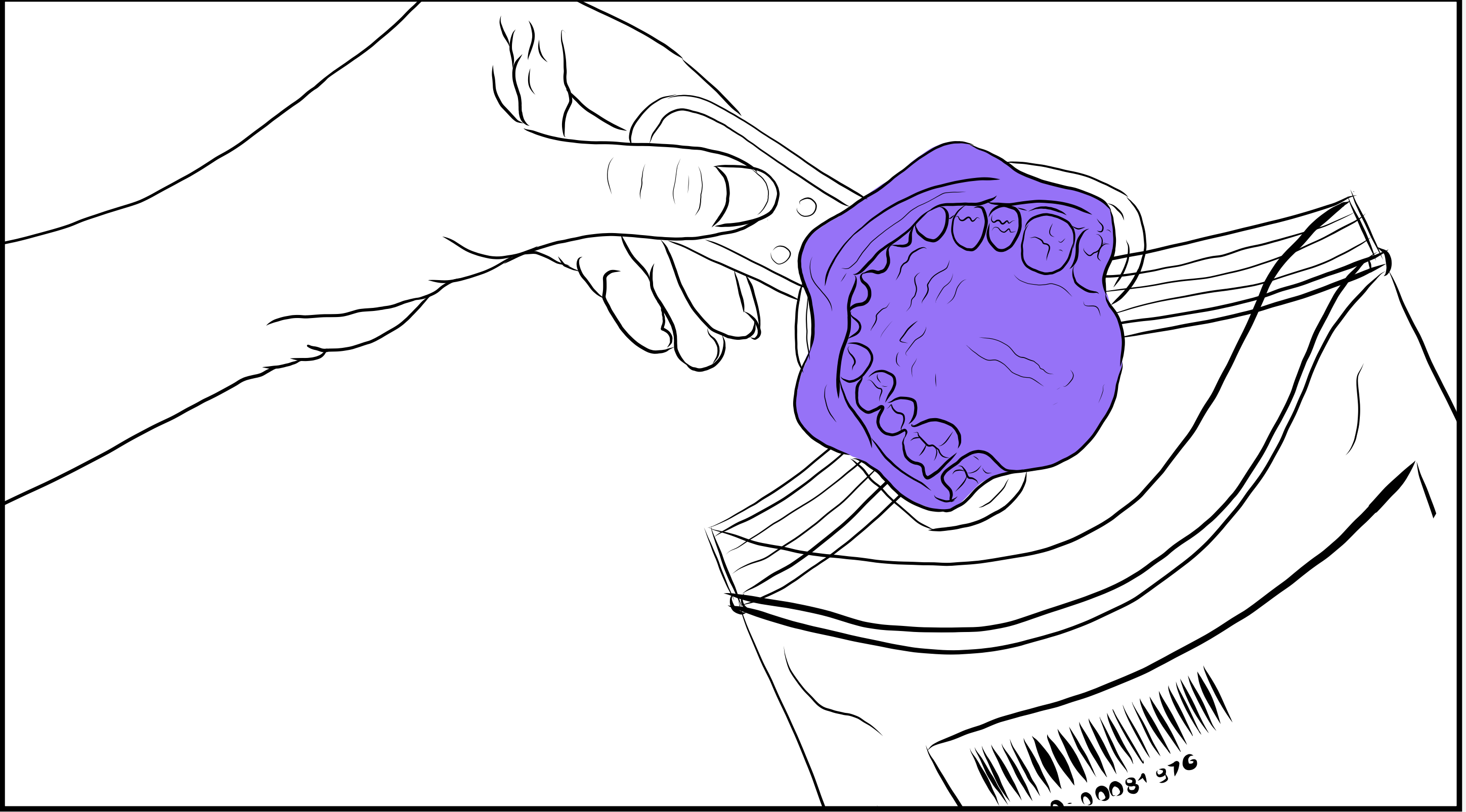
- 12 Pull the impression down and out.
- 13 Never remove the putty from the tray unless instructed to do so by an instasmile Expert.

**Tip:**

If the impression is difficult to get off. Gently rock the impression side to side and pull down and out.



- 14 Take a photo of your impression(s) using the angle shown above, in good natural light.
- 15 Ensure we can clearly see the imprint of your teeth and gums on the photo(s).
- 16 To help our instasmile Experts and speed up the process images of your natural teeth will help us assess the quality of the impression.
- 17 Send your photos to us via email to **impressions@instasmile.com** please include your order number. You will receive a reply within 24 hours (Monday-Friday).



- 18 Place your impression(s) into the clear medical bag. Check there is a barcode on the bag. If not, please contact us prior to sending.
- 19 Then put the clear medical bag, containing the impression(s), into the postal mailing bag provided.
- 20 Wait a reply from the instasmile Experts confirming your impressions have passed. They will also advise on how to return the impressions to us.



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