

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

- 2 x Impression trays*
- 1 x Smile Stretcher
- 1 x Clear Medical Bag
- 1 x Return Label**
- 1 x Return Mailing Bag

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 you need to hand as above
- Fill your Pot / Pan with enough water to fully cover an impression tray.
- Remove Plastic Wrapping from impression trays

READY? LET'S BEGIN WITH YOUR TOP TEETH



TIMINGS ARE 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



2 Place Tray in Pan



Insert 1 x impression tray (material facing upwards) into the boiling water for exactly **1 MINUTE 30 SECONDS**

⚠ DON'T OVERBOIL OR UNDERBOIL!

3 Remove & Cool

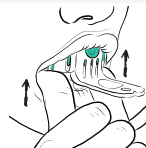


On **1 MINUTE 30 SECONDS** use the Tongs / Slotted Spoon to remove the tray from the pan by its handle or base without touching the putty. Leave to cool for **3 MINUTES** exactly.

4 Align & Push Hard



ALIGN: 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 HARD AS YOU CAN** - sink ALL of your teeth into the putty until ALL teeth touch the tray.

TIP: Use your thumbs / fingers to push evenly. We need DEPTH on every tooth.

5 Hold in Place



Hold in place for **4 MINUTES** until the putty is fully set. Remain still.

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

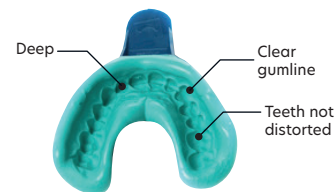
6 Remove



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

TIP: IF YOU ARE STRUGGLING TO REMOVE THE TRAY GIVE IT A LITTLE WIGGLE WHILST PULLING DOWN / OUT

7 Check it



Does the impression look good? Does it look like the Image above?

YES?

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

NO?

If it doesn't look like the image above don't worry you can re-use the impression. Please follow **STEP 8**.

8 Try Again

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 **1 MINUTE 30 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.**

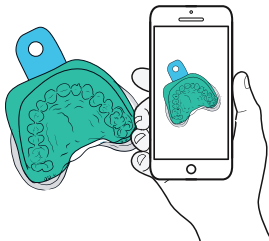
NOW REPEAT STEPS 4-7 Carefully. If you make another mistake don't worry you can always try again.

9 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 are happy with your completed impressions, you will need to provide the photos for us to approve in Steps 9a. and 9b.

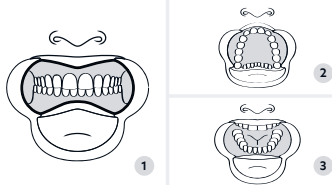
9a Impression Photos



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

9b Teeth Photos



TAKE PHOTOS OF YOUR NATURAL TEETH

Use the Smile Stretcher to move your lips away from 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

10 Send us your Photos



Once you are happy with your photos please upload them to Your Instasmile Account area on the website or alternatively email us your photos to **impressions@instasmile.com** Don't forget to include your order number on the email.

We will endeavour to respond within 48 business hours (Mon-Fri)

Whilst 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.

11 Approval Received?



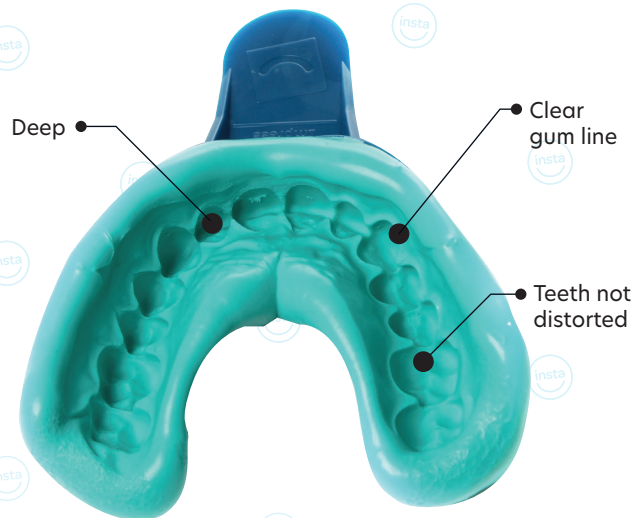
Once you have received approval from our technical team you can return the impressions back to us. Seal the medical bag and place the impressions into the return mailing bag. Peel the back of the return label off (if provided**) and stick this label onto the front of the mailing bag. Take the mailing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

*We require all customers to take both a top & bottom impression to ensure an optimum fit.

**USA, UK & Australian customers only.

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IMPRESSION INSTRUCTIONS

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