



Impression Guide

**Ahhh Yeah...
You Got This!**





Making a Good First Impression

Congrats on taking the first step of your Smilelove journey—this calls for a big high five.

Impressions are the most important part of the entire process, **so be sure to read this whole guide before starting**. But don't stress, by the time you read through our easy-to-follow guide, you'll be a certified impression taking pro.



In This Kit

(1) Practice Putty
(Get familiar with the soft stuff)

(8) Containers of Dental
Impression Putty*
(These are the real deal ones)

(4) Impression Trays¹
(2 Tops and 2 Bottoms)

(1) Mouth Spreader for Photos

(1) Return Box with Prepaid
Shipping Label

*Dental Impression Putty colors may vary.

¹Impression Tray colors may vary depending on size. The standard size included in this kit is yellow.
For a different tray size, text us at 1.435.565.1862 or chat with us at smilelove.com



Getting The Perfect Impression

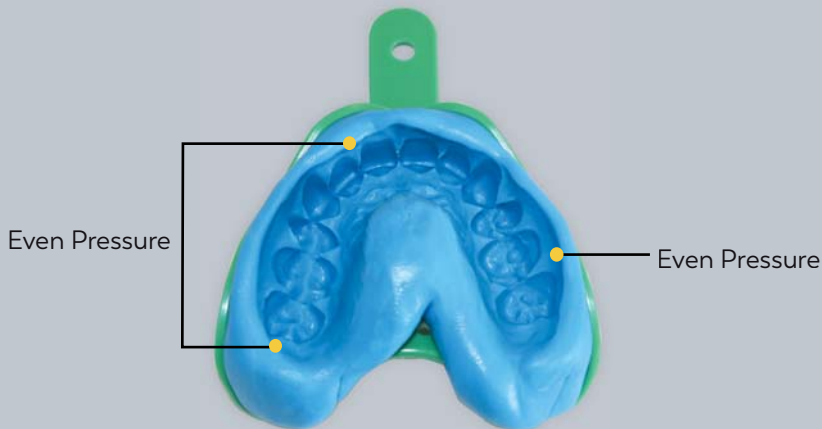
Nobody's perfect. However, there are a few things to focus on to get your impressions close to perfection.



Visible Gum Line

Push the impression tray far enough up on your teeth to get to your gums so that your gum line shows in the impression when you pull it off.

Note: The practice putty is more firm than the actual putty, so be sure to apply enough pressure to get it all the way to the gums.



Even Pressure

Make sure to apply even pressure to your molars and your front teeth to capture both your teeth and gum line. It's easiest to place your thumbs on your back teeth initially and move them to your canines when applying pressure.



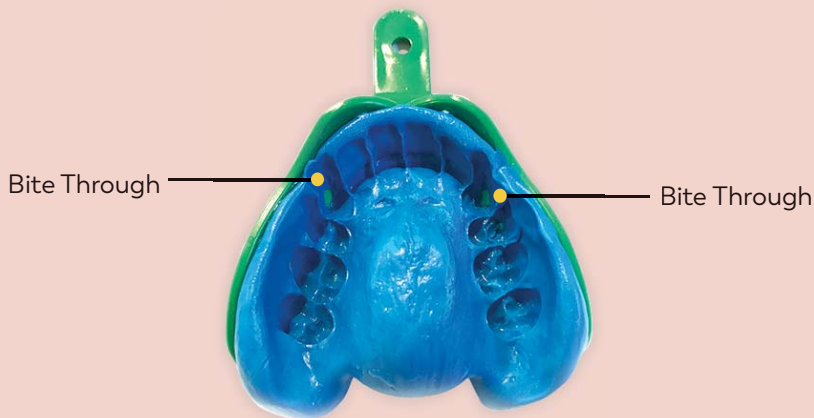
The Most Common Mistakes

Before you take your impressions, here's a few common mistakes to avoid.



Improper Putty Mixture

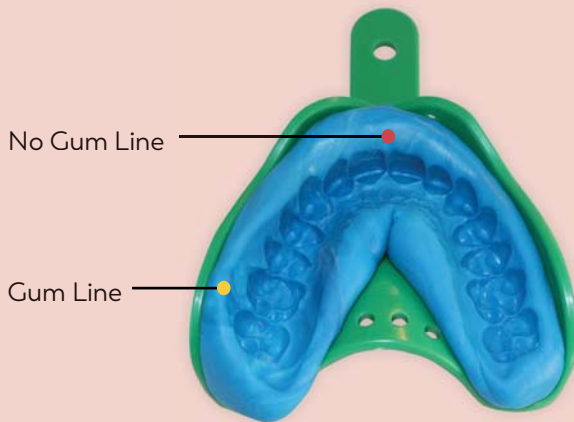
Save the marbled look for kitchen countertops, your putty should be completely mixed and one solid color. Just remember you **only have 40 seconds** to mix the putty.



Biting Through Trays

If you're seeing green, you may have accidentally bitten all the way through the putty. Depending on where your teeth fit into the tray before using the putty, you may need to adjust the putty in the tray to compensate. In other words, if your teeth are more towards the outside of the tray, compensate with the putty by pushing it a bit more towards the outside of the tray than the inside.

If the tray doesn't fit, contact us via text or online chat.



Missing Full Gum Line

In this case, this person would have needed to press their front teeth deeper in order to capture the gums.



Wait! Before You Start...

Now that you know how to get the perfect impression, set yourself up for success by following these pro tips:

- Stay focused, you don't want the putty to harden before you sink your teeth into it
- Take impressions in front of a mirror
- Use a stopwatch to time yourself
- Have a towel handy, some drooling may occur
- Don't forget to relax

Got it? Good. Let's do this!



Practice

Show us what you've got and get real-time feedback via text or chat.

Phone:

1.435.565.1862

Email:

team@smilelove.me

Hours:

Monday-Friday

8:00am - 7:00pm PST

Saturday

9:00am - 5:00pm PST

Sunday

Closed

Step 1: Practice

We all know practice makes perfect.

Using the Practice Putty, follow the directions in Step 2 (pg 16). Send us pictures of your practice impressions via text or online chat and we'll give you real-time feedback.

Practice until you feel confident you can get an impression with an apparent gum line, clearly captured teeth and even pressure. Once you've got it down, move on to the next step.



Ready, Set...

This is it. All your training, preparation, and hard work has gotten you up to this point. In less than the time it takes to watch an episode of your favorite Netflix show, you'll be done with your impressions. Grab your stopwatch, it's time to impress yourself. This process will only take about **4 minutes and 30 seconds per impression.**



Step 2a: Mix It Up

Take one color of each putty out of their cups and start your timer. You should mix the putty for 30-40 seconds. Combine the putty in your hands until the entire thing is one solid color. You will notice that this putty is softer and easier to mold than the practice putty.



30-40 seconds



Step 2b: Perform Rolling

Roll the putty into a snake-like shape about the width of your palm. This should take about 10 seconds.



10 seconds



Step 2c: Place in Tray

Place the snake-shaped putty into one of your empty trays. Make sure to use your thumbs to evenly distribute the putty throughout the tray. This should take about 15 seconds.



15 seconds

Step 2d: Impression Time

Looking in the mirror, place the tray in your mouth. Make sure your teeth are as close to the middle of the snake as you can. Once you feel good about the placement, use both thumbs to push evenly on both sides of your molars and move to the front of your teeth for a firm, even press.

Push (do not bite) the tray onto your teeth until you can feel the putty on your gums on all sides. This will ensure a clear gum line and clear imprints for all of your teeth.

Repeat this process for your remaining 3 impressions.

We know these impressions can be tricky! If you don't get it right the first time, we're happy to send you another kit. Contact us via text or online chat for a replacement.



3 minutes 30 seconds



Want to Win Money Back?

Silly question, we know. Here's how:

- Snag a selfie while you're taking your impressions (could be the practice one) and holding our impression kit
- Post it on your Instagram, Twitter, and/or Facebook
- Be sure to tag us **@teamsmilelove** and use hashtag **#cheerstocconfidence**

We will pick a random winner each month to receive money back on their aligners.



Get Ready for Your Closeup

Make sure to grab your mouth spreader from your kit, this will help to ensure that we are getting the right shots of your teeth and bite.

Step 3: Photo Time

This step is super important. Our dental team uses these photos in combination with your impressions, to analyze your bite and make sure we properly align your teeth **and bite**. Make sure to bite down naturally in all of your photos. We've all taken a selfie (or 100), so this should be pretty easy.

We'll Need Photos From These Angles

Quick reminder that when biting down, make sure to bite naturally.

Once you've taken photos from these angles, submit them using the link you were sent from our Customer Service Team. Please send in photos as soon as possible, this is an important step in your Smilelove journey.

If you've lost or never received a link, contact our Customer Service Team **team@smilelove.me**.



Lower Teeth from Above



Upper Teeth from Below



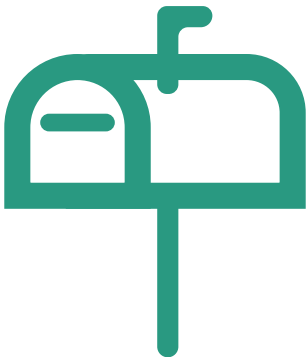
Biting Down from the Front



Biting Down from the Right



Biting Down from the Left



Step 4: Send Impressions

Congratulations! You finished the biggest step. Now all that's left to do is to place your **four impression molds** back into the rectangular box where your impression trays were located. We've already placed a prepaid label on there for you. Throw that in your mailbox, put your little flag up, and keep an eye out for a confirmation email from the Smilelove Team.

Job Well Done

If this impression guide were digital, you'd see a GIF of John Wayne tipping his hat to congratulate you on a job well done.

#CheersToConfidence

For More Questions Contact Us:

Phone:

1.435.565.1862

Email:

team@smilelove.me

Hours:

Monday-Friday

8:00am - 7:00pm PST

Saturday

9:00am - 5:00pm PST

Sunday

Closed

