

Before start

Wash your hands and carefully dry them.

Important points



- 🕒 Use the putty within **7 days to avoid it hardening in storage**
- 🔑 **Don't remove** the putty from the impression tray as this will make it unusable for the lab
- 📍 If you think the impression is not right please **contact customer service for advice**
- 📦 It is important that you apply the correct postage to avoid delays in shipping your completed order.

When completed

Place your impression in the return packaging with a copy off your order details/receipt. If you do not include your reference details or proof of payment the lab will not be able to trace your order and to make the correct mouthpiece for you.

About Us



MEDITAS is a British company that is a leader in the design, development and manufacture of affordable oral appliances for dental protection and sleep enhancement.

Customer Service



In case you have any questions or remarks with regard to the instructions or making the dental print, please feel free to contact our customer service

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MEDITAS

Making a dental print yourself

Instructions for use

Please, read these instructions carefully before you start.

Important

Not suitable for those with fixed orthodontic appliances





1 Prepare the impression tray

Place the tray into a cup or mug of freshly boiled water for 20-30 seconds.



Carefully **remove from the water**, shake off the excess water and **quickly place over your teeth**.

Bite down on the tray while sucking your cheeks and pressing your tongue **to adapt the tray to your mouth**.



If you are not happy with the first result, then **repeat step 1 again**. The tray doesn't need to fit perfectly, but should change shape to fit your mouth.



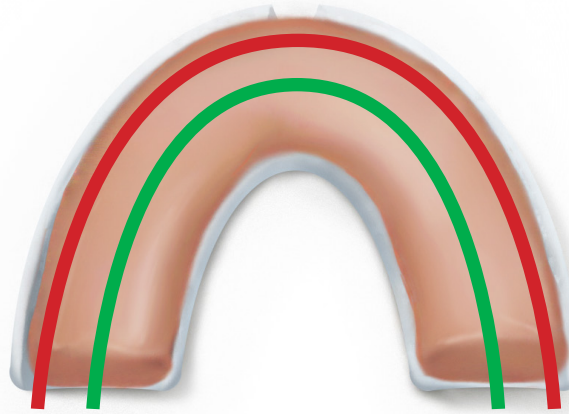
2 Mix the putty and fill the tray

Take the white and coloured putty from the plastic pots and mix them into one colour (don't mix longer than 45 seconds, otherwise the putty will set too quickly). Roll the putty into a sausage.



3 Fill the tray

Put the putty sausage into the impression tray. Fill the tray level to the rim.



4 Make the impression

Place the tray back into your mouth and slowly but firmly bite into the putty, making sure you bite into the centre of the putty 'Green Line' and not too far forward 'Red Line'.

Allow the putty to flow around your teeth and gums until you feel your teeth make contact with the hard tray. When your teeth make contact with the tray, relax and keep your teeth gently closed on the tray to keep it in place, try sucking your cheeks and pressing with your tongue and fingers to move the putty evenly across your gums to get a good impression.

During setting time the tray **should not be moved**.

Don't move the tray in your mouth, keep your head straight.

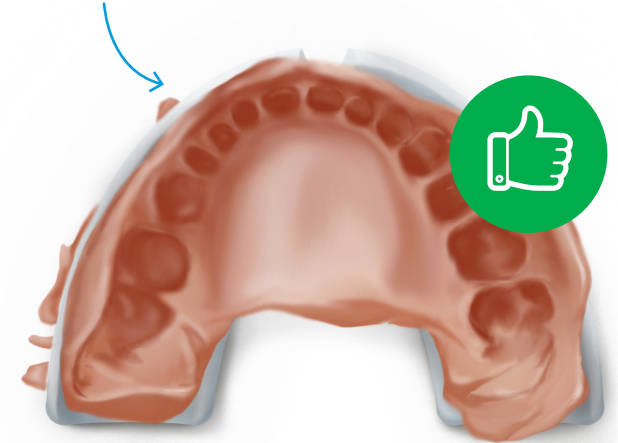
Slowly breathe through your nose.

Make sure you **have a towel or tissues** within reach in order to collect possible saliva.

5 Remove the impression and tray together

After 3 minutes you can **remove the impression and tray together**.

If your impression looks something like this, we will be able to make you a quality product



If it looks like this, then you will need to **contact us and we can send you some new putty to try again**. If you are in doubt, please email an image of your impression and we will let you know if it is good enough to send in or whether we need to send you some more putty.

