

# Important Tips Before You Start

- Watch the instructional video.
- Read instructions from start to finish.
- Use one tray at a time. One tray captures one impression. Each impression is your top and bottom teeth at the same time.
- Once the white and blue putty are mixed, **you will have 90 seconds** to finish mixing and put the tray in your mouth.
- After you capture your first impression, **wait for a response** from our [impressions@shopremi.com](mailto:impressions@shopremi.com) team before taking your second impression.
- Include your **Customer Info Card** in your return kit.

**Before starting**, please watch our video on how to take your impressions (we promise it will help).

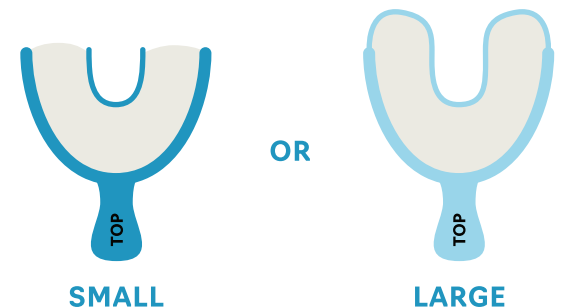
[www.shopremi.com/pages/how-to](http://www.shopremi.com/pages/how-to)



Hold your phone camera over this QR code to watch our "How To Take Your Remi Impressions" video

## STEP ONE

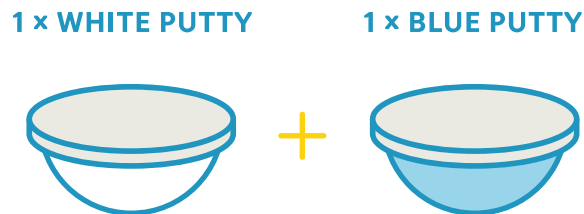
Choose a large or small tray. You will **use one tray** to capture both your top and bottom teeth **at the same time**.



Practice biting down naturally. All of your teeth should fit on the tray.

## STEP TWO

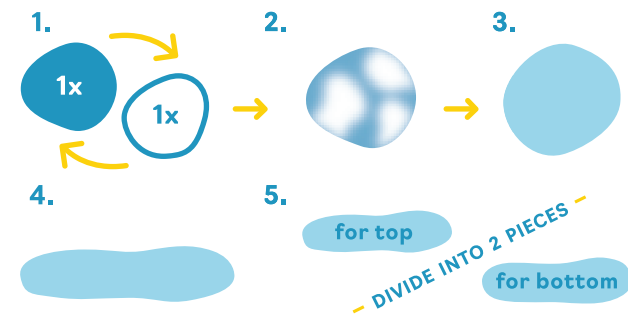
Use one white putty and one blue putty.



(Complete **Steps Three, Four, and Five** in less than **90 seconds** to prevent putty from hardening.)

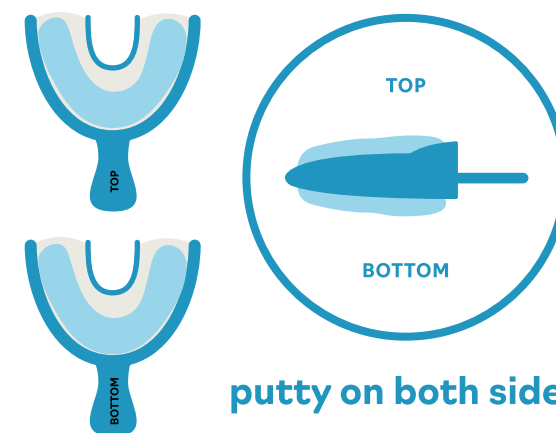
## STEP THREE

Mix putty together until it is completely blue without white spots. Roll the putty into a log shape and divide it into two pieces.



## STEP FOUR

Place one piece of putty in the top side of the tray. Then, place the other piece of putty in the bottom side of the same tray.

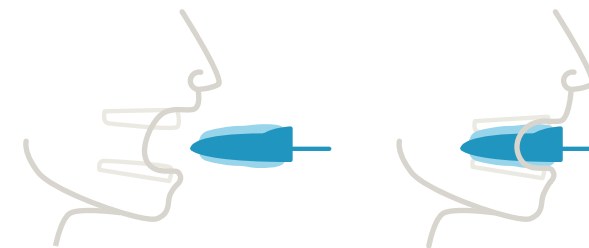


Instructions continue →

### STEP FIVE

Place the tray in your mouth so all of your teeth fit and bite down fully.

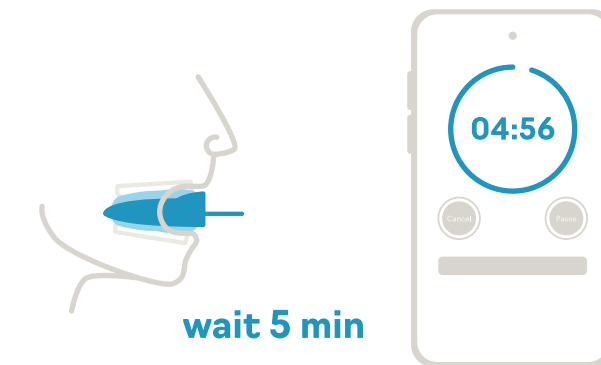
Keep your bite closed and **remain still**. Relax your lips and breath through your nose.



### STEP SIX

Putty hardens in 5 minutes. **Set a timer.**

**After 5 minutes**, remove the tray from your mouth. Do not remove the putty from the tray.

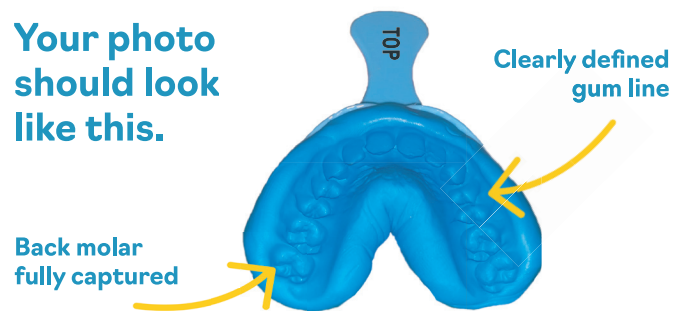


### STEP SEVEN

Take photos of your impression (one photo of the top and one photo of the bottom **at the angle shown below**).

Email photos to [impressions@shopremi.com](mailto:impressions@shopremi.com) so we can confirm you're on the right track.

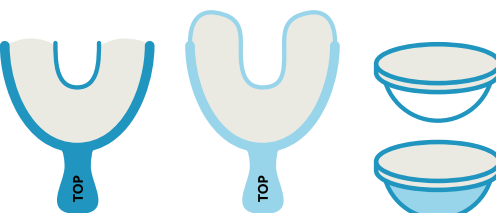
Your photo should look like this.



Wait for email approval

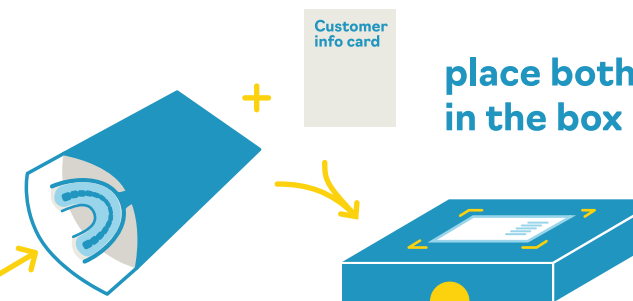
### STEP EIGHT

After receiving confirmation from us, repeat steps one through six with the second tray and second set of blue and white putty.



### YOU'RE DONE!

Place both of your impressions in the envelope. Put the envelope into the box **with your customer info card**. We will send you an email once we've received your impressions.



# We are here to help!

If you have questions, or need a replacement part for your kit, contact us anytime at:

[impressions@shopremi.com](mailto:impressions@shopremi.com)

# How to take your Remi impressions.

