

Impression Instructions

READ CAREFULLY – Additional Fit Kits Cost \$10.50

PLEASE Watch Instruction video available at <http://youtu.be/aQikUU-1Vq0>

Warning: If you wear braces, any other corrective appliance or have any loose dental work you must take this kit to dentist to have your impression made. Impact Protection, LLC is not responsible for any damage while making impression

Step 1: During summer months refrigerate putty for at least 15 minutes

Step 2: Grab a timer/stopwatch and prepare a clean surface in front of a mirror – Write your name clearly on red bag label

Step 3: Try on both mouthguard trays – select the one that captures all of your teeth and leaves a bit of wiggle room on the sides – your top lip should be able to come over front of tray (Picture 1)



Picture 1



Picture 2

Step 4: **Important:** Time is of the essence - Putty begins hardening as soon as you start mixing, move quickly through step 4, 5 and 6 to get material into your mouth - Remove putty from refrigerator. Mix **one** packet of dark with **one** packet of white putty (Picture 2) until it is a uniform color with no streaking of white (30 seconds maximum) – Roll material into a short tubular (cigar) shape that is thicker in the middle (Pictures 3 & 4)



Picture 3



Picture 4

Step 5: Lay putty into tray, push material to outside of tray and ensure that there is a peak of putty at the front of tray (Picture 5) – Move quickly to step 6

Step 6: In front of mirror, insert tray with putty all the way into your mouth and make sure top lip is over front of tray – bring top teeth down into center of the peak of putty and push up evenly with thumbs on center of tray (Picture 6) – make sure it is fully pushed up so putty “gushes” up into top lip – a deep impression is a good impression – **IMPORTANT** – once tray is pushed up do not move it for 2 minutes and 30 seconds



Picture 5



Picture 6

Step 7: Once 2 minutes and 30 seconds has elapsed, **gently** rock (with up and down motion) the tray loose from your teeth – rinse in cold water – Your impression should look similar to the one pictured here (Picture 7 & 8)



Picture 7



Picture 8

Step 8: OPTIONAL – Take a picture of your impression similar to Picture 8 and email it to address above. We will review and let you know if impression is good. Once satisfied with completed impression please place it and all unused materials back into red bag provided

Step 9: Place red bag with completed impression(s) and any unused materials (Picture 9) back into box it came and return to Impact – We will craft your guard within 10 days after receipt of a good impression.



Picture 9