

VIDEO INSTRUCTIONS



ImpactMouthguards.com/pages/how-it-works

Contact Us

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IMPRESSION INSTRUCTIONS

For Your Custom Mouthguard



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.

READ CAREFULLY: Additional kits cost \$18

✱ **GET STARTED** :: Set a timer for 2 Minutes 30 Seconds and prepare a clean surface in front of a mirror. Confirm all information on your bag label is correct.

✱ **STEP 1** :: Try on mouthguard trays. Select the one that captures all of your teeth and leaves a bit of wiggle room on the sides. It **WILL** be a mouthful but your lip should be able to come over the front of tray. **(Picture 1)**

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✱ **STEP 2 :: IMPORTANT:** Time is of the essence. Putty begins hardening as soon as you start mixing. Move quickly through these next steps to get material into your mouth. Mix one dark colored putty with one white putty **(Picture 2 & 3)** until it is a uniform color with no streaking of white (15-20 seconds maximum). Roll material into a short tubular (cigar) shape that is thicker in the middle, and then place evenly in the mouthguard tray **(Pictures 4 & 5)**. For an upper impression push material to the outside of the tray and ensure that there is a peak of putty at the front of tray **(Picture 5)**. For a lower impression, simply fill the tray with putty. Move quickly to next step.

✱ **STEP 3** :: In front of mirror, insert tray with putty all the way into your mouth and make sure your lip is over front of tray. Line teeth up with the center of the peak of putty and gently bite down **ALL THE WAY TO THE NATURAL STOPPING POINT (Picture 6 & 7)**. Making sure you have reached the natural stopping point will ensure a deep impression because a deep impression is a good impression! **IMPORTANT:** Once tray is seated do not move it for 2 minutes and 30 seconds.

✱ **STEP 4** :: Once 2 minutes and 30 seconds has elapsed, gently rock the tray loose from your teeth with an up and down motion and then rinse in cold water. Your impression should look similar to the one pictured here **(Picture 8)**. **DO NOT REMOVE IMPRESSION FROM THE TRAY!**

✱ **STEP 5** :: Take a picture of your impression similar to **Picture 8** and email it to impressions@impactmouthguards.com (Be sure to spell correctly). We will review ASAP and let you know if your impression is good. Once satisfied with completed impression, please place it and all unused materials back into your labeled bag provided.

✱ **STEP 6** :: Place your labeled bag **(Picture 9)** with completed impression(s) and any unused materials back into the box it came in and return to Impact. We will craft your guard within 10-14 business days after receipt of a good impression.