

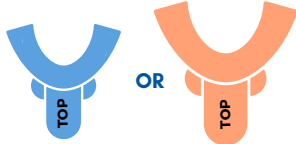
How to take your impressions.

IMPORTANT TIPS BEFORE YOU START:

1. **Read instructions start to finish.**
2. **Use one tray at a time.** One tray captures one impression. Each impression is your top and bottom teeth at the same time.
3. Once the white and blue putty are mixed, **you will have 90 seconds** to finish mixing and put the tray in your mouth.
4. After you capture your first impression, **wait for a response** from our impressions@mypoppysmile.com team before taking your second impression.
5. **Include your customer info card** in your return kit.

1

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.

2

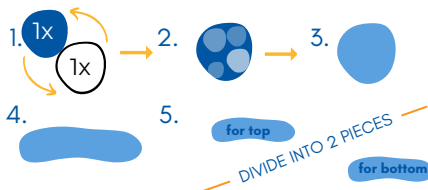
Use one white putty and one blue putty.



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

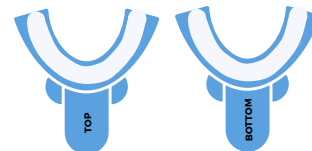
3

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



4

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



putty on both sides

CONTINUED ON NEXT SIDE →

SIDE 2. How to take your impressions.

5

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

Keep your bit closed and **remain still.** Relax your lips and breathe through your nose.

6

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.

5
MINUTES



7

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@mypoppysmile.com so we can confirm you're on the right track.

Your photo should look like this.



8



Wait for approval



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. Use the included return shipping label. We will send you an email once we've received your impressions.

NEED HELP? Email us at: impressions@mypoppysmile.com