

DAMAGE CONTROL

SELF-IMPRESSION INSTRUCTIONS

Putty packets included in your kit have a:



4:30 total set time



5:30 total set time



WE HIGHLY RECOMMEND YOU WATCH THE INSTRUCTIONAL VIDEO AT www.dcmouthguards.com (bottom of *How to Order* page)



Do not do impression if you have: braces, loose tooth(teeth) or removable partial denture.

Materials needed:



Paper Towel



Impression Kit



Mirror

IMPRESSION STEPS

- Step 1:** Grab a putty packet. Mix colored putty with the white putty at room temperature for 30-45 seconds until a homogeneously colored mixture is formed.
- Step 2:** Roll the putty impression material in the palms of both hands forming a sausage shape long enough to fill the mouthpiece.
- Step 3:** Lay the sausage shape putty into the impression tray provided. Bite your front teeth down where you see the **BLACK line** in middle figure. (This is where a mirror comes in handy).
- Step 4:** Bite down **gently** until your bite down comes to a halt. Keep mouth closed and breathe through your nose. You can also use both thumbs to push up the impression tray throughout your upper arch.
- Step 5:** Pull your front upper lip over the mouthpiece and impression material. From the outside of the mouth push the excess putty material unto your gumline. Then leave the putty in your mouth for **3 minutes** until putty hardens.
- Step 6:** Pull both the mouthpiece and the putty material out of your mouth and place it on to the paper towel. Let it sit for 2 more minutes.
- Step 7:** Place the impression into the zip lock bag, then into the return box with **Order Form**. Drop off at your nearest post office drop box.

In your kit you have two putty packets and two impression trays. Therefore, you have two tries at making your upper teeth impression. Feel free to do two impressions, and we will pick the better of the two.

1 00:00:30

2

3

4

5 00:02:00

6 00:02:00

7

You will have your own custom mouthguard shortly!