

1 Before You Begin

Read all the instructions and watch the video tutorial. You only have **60 seconds** to complete steps 2-4. **Extra trays & putty are included.** Try the impression trays on for size, and begin with your lower impression.

Upper Tray:



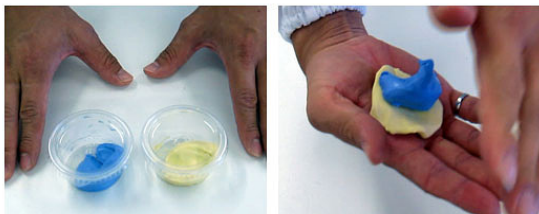
Lower Tray:



2 Mix The Putty

Time limit: 30 SECONDS

Quickly mix one set of yellow and blue putty together until the mixture is **ONE SOLID COLOR.**



Tip - Flatten the two putties into pancakes, fold them together and knead.

3 Prepare The Tray

Time limit: 10 SECONDS

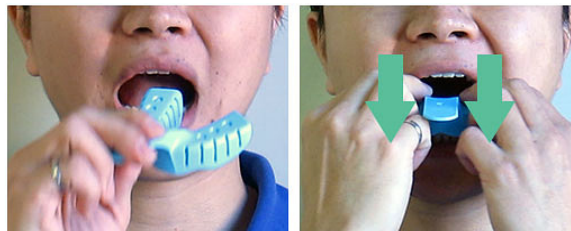
Quickly roll the putty material into a log shape and **equally distribute** it around the center groove of the tray.



4 Take The Lower Impression

Time limit: 10 SECONDS

With 2 fingers along the arch of the tray, push the tray down deeply into your teeth until you feel the putty go past your teeth and cover your gums.



IMPORTANT - We need both the upper and the lower teeth impression to ensure a comfortable fit for your night guard, whether it'll be fit to your upper or lower teeth.

5 Hold and Wait

Time: 4 MINUTES

Hold the tray still for 4 minutes. **Do not move the tray** until the putty has hardened.



6 Remove Tray From Mouth ↓

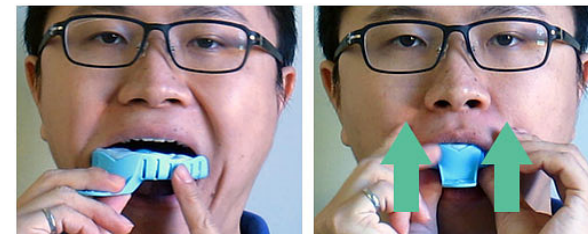
After 4 minutes, slowly pull the tray away from your teeth.

IMPORTANT - Do not remove the hardened putty from the plastic impression tray.

7 Take The Upper Impression

Time limit: 10 SECONDS

Repeat steps 2-3. Open your mouth half-way, pivot the tray in, and center it below your teeth. Keep mouth and lips relaxed. With fingers/thumbs along the arch of the tray, push the tray up **deeply** into your teeth in **ONE EVEN MOTION** to avoid double indentations. Repeat steps 5-6



IMPORTANT - Push up, do not bite down.

8 Check Your Impressions

How did you do? Your impressions should capture:

- a clear shape of your **front teeth** and **back molars**
- the **gums** around your back molars
- the **palate** behind your front teeth

If you took a bad impression, peel the putty material out of the tray and take a new impression using your extra set of putty.



IMPORTANT - Be sure to use the upper tray for the upper impression and the lower tray for the lower impression.

Returning Your Impressions

Once you've finished taking the impressions of your upper and lower teeth, place them in the pre-paid return envelope and drop it off in the mailbox.



Please include any unused putty and unopened extra trays in your return envelope as well.

You will receive an email notification when we receive your impressions.

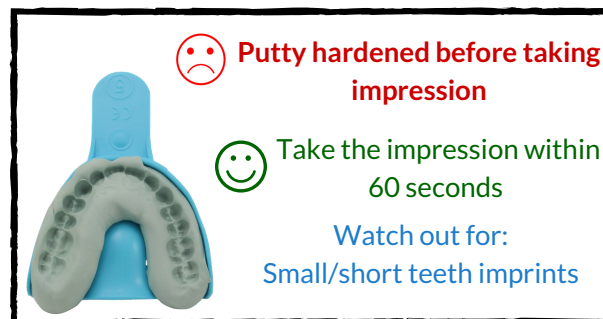
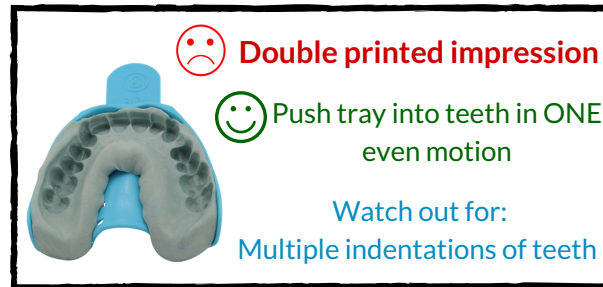
Your custom-fit teeth guard will be complete within 7-11 business days. An email with tracking information will be sent when your completed teeth guard ships.

We're here to help!
If you have any questions,
please contact us:

Call: 1-888-467-5650

Email: support@proteethguard.com

Common Impression Mistakes



A good set of impressions is the start to a comfortable fitting night guard!
You can email us pictures of your impressions for review before mailing them back: support@proteethguard.com



Impression Instructions

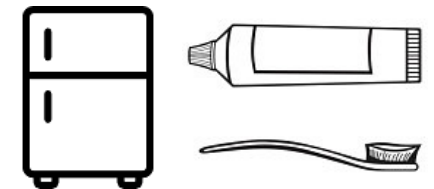
Read All Instructions Before You Begin

Watch our video tutorial on how to take your teeth impressions. Enter the link below into your internet browser.

www.proteethguard.com/instructions/

The putty begins to harden immediately once you mix it!

PREPARATION



- 1) Before using the impression putty, refrigerate it for 20 minutes.
- 2) Brush your teeth & wash your hands.
- 3) Try the trays out for size. Your teeth should fit in the center groove of the tray with some wiggle room and without touching the sides. Your kit includes different tray sizes. Use the tray size that fits you best.