

IMPORTANT: Once you begin mixing, the putty begins to harden IMMEDIATELY. ACT QUICKLY! Take no longer than 60 seconds to mix and prepare the putty.



Professionally Made
Custom Night Guards
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Please read **ENTIRE** instruction sheet before beginning. Also watch the instruction video: www.proteethguard.com/instructions/

In the Impression Kit



1. Prepaid return envelope
2. 3 sets of impression putty
3. 2 upper trays of 2 different sizes
4. 1 lower tray

You will also need a clock or timer.

Preparation

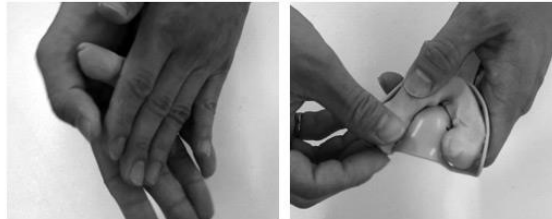
BEFORE YOU BEGIN: Put the impression putty in the fridge for at least 20min. Wash your hands and try the trays on for size. Choose the right sized trays: your teeth should fit in tray's groove, without hitting the sides of the tray.

Step 1: Mix the Putty



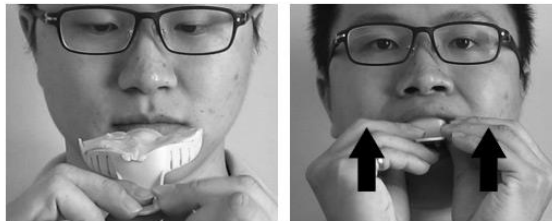
Mix one set of yellow and blue putty together. Mix evenly until the mixture turns **ONE SOLID COLOR**. Take no longer than **30 seconds**.

Step 2: Prepare the Tray



In under 10 seconds, roll the putty material into a log shape and insert it into the tray.

Step 3: Take the Impression



Center the tray in your mouth, with your upper teeth positioned above the putty material. Keep your mouth and lips relaxed. Firmly and swiftly press the tray **straight up** into your upper teeth. **Push up, do not bite down**. Once inserted, hold the tray steady for 2 minutes. **Do not move the tray until the putty has set.**

After 2 minutes, remove the tray from your mouth by pulling straight down. **DO NOT REMOVE** the completed impression from the plastic tray.



Repeat steps 1 to 3 and take an impression of your **lower teeth** using the lower tray. When taking the lower impression, center the lower tray in your mouth, with your lower teeth below the putty material and push **straight down**.

NOTE: Please take both UPPER and LOWER impressions. The impressions should capture the full teeth and gums for your back molars & greater than half way up your front teeth. If your first impression is inaccurate, peel off the hardened putty from the tray and use the extra set of putty to re-take the impression.

Step 4: Mail in Your Impressions

Place the completed impressions (with tray attached to the putty material), along with any extra tray or sets of putty, into the prepaid / pre-addressed return envelope and drop it in the mail.

Congratulations! You're all done! Once we receive the impressions at our dental laboratory, we will professionally fabricate your custom mouth guard and ship it to you.