



Taking Impressions of your Teeth for Custom Whitening Trays



1. Read these instructions before you begin. You'll need a mirror and a clock with a second hand or a stopwatch. Steps 2-5 need to be complete within 60 seconds.



2. Put the clock where you can see it. With clean hands, remove all putty from one white container and remove all putty from one blue container. Start timing. Quickly mix the two balls of putty firmly **(A)** with your fingertips for about 30 seconds until it becomes a solid color.



3. Immediately press the putty into the tray, distributing evenly **(B)**.

4. At 45 seconds, in front of a mirror, place the tray in your mouth and center your upper teeth between the inner and outer walls of the tray **(C)**.



5. At 60 seconds, press the tray directly upward, applying the same pressure on the back teeth as on the front teeth. Push deeply (without scraping the wall of the tray) until the putty covers about 1/4-inch of your gums. Pull your lip out of the way if necessary.

6. Once the tray is seated firmly, DO NOT move it. Do not bite down or talk. Hold in place for 3-1/2 minutes, then gently extract it from your mouth. Run the impression under cold water as you inspect it. A good impression will not be distorted and will have definite scallops where your teeth meet your gums **(D)**. If you take a distorted impression, simply contact us and we'll send you more putty at no charge.



7. Repeat steps 1-6 for your bottom teeth.

8. Complete the Personal Information/Consent card and place it in the pre-addressed, postage-paid envelope **(E)**.

9. Allow your impressions to dry, then seal them in the provided plastic bag. Place them in the return envelope. Seal and mail to the dental lab.

10. In about a week, your custom mouthpiece and storage case will arrive in the mail. Apply whitening gel as directed in the Instruction Guide.