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STEP 1 PREPARATION



Choose between the two trays: One is a standard size (#2), and the other is a small size (#4). The correct tray should cover your last molars in the back.

Recommendations:

- ✓ Brush your teeth and floss.
- ✓ Have ready the sized tray, putties and a mirror
- ✓ Timer
- ✓ Paper towels

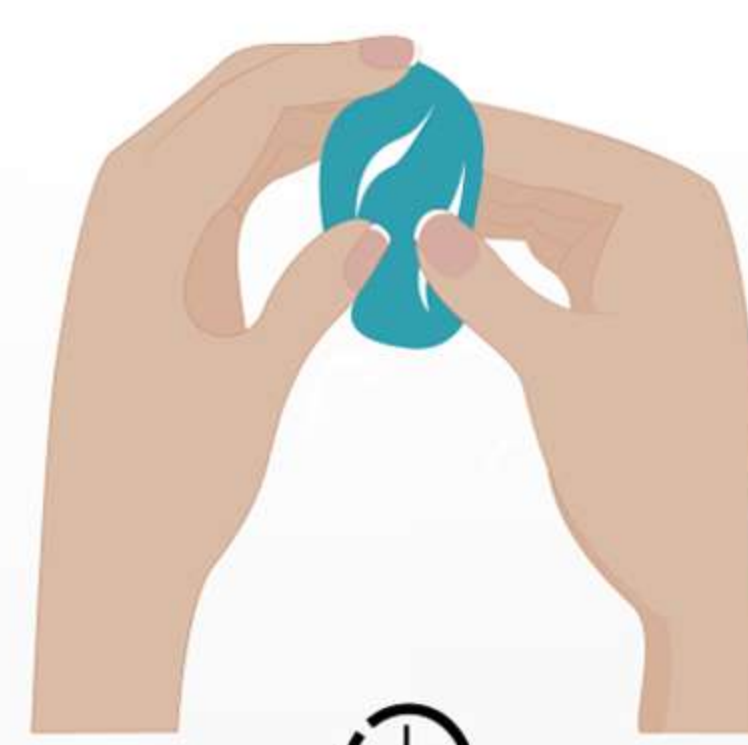
IMPRESSION INSTRUCTION GUIDE 01

(Please read all the instructions thoroughly) before you begin.

Questions? Email: info@asiridentallab.com

STEP 2 MIX PUTTIES CORRECTLY

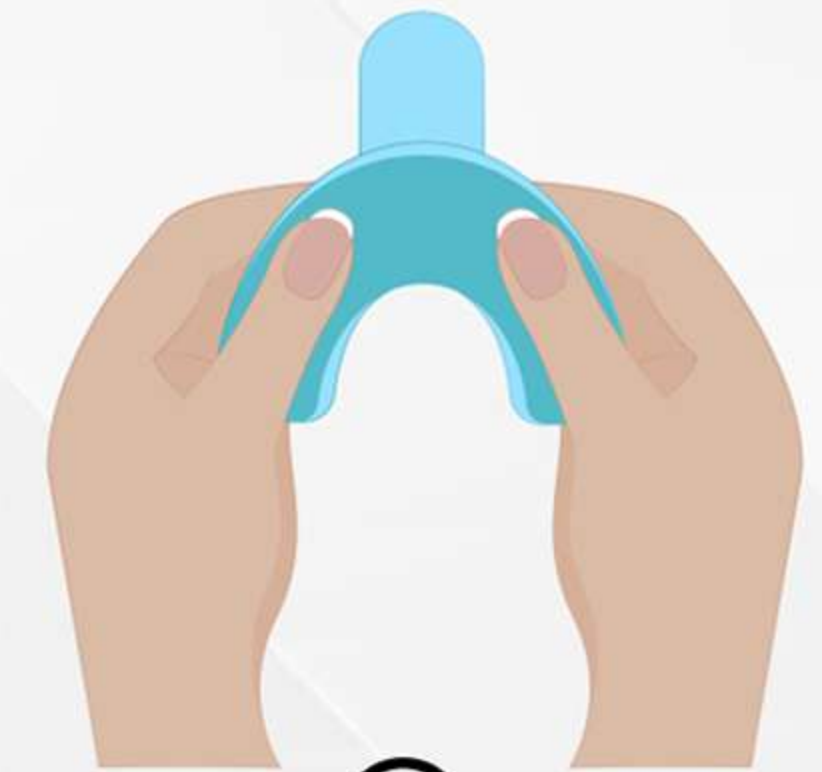
NOTE: DO NOT EXCEED THE TIME LIMIT FOR THE STEPS.



20 sec



10 sec



15 sec

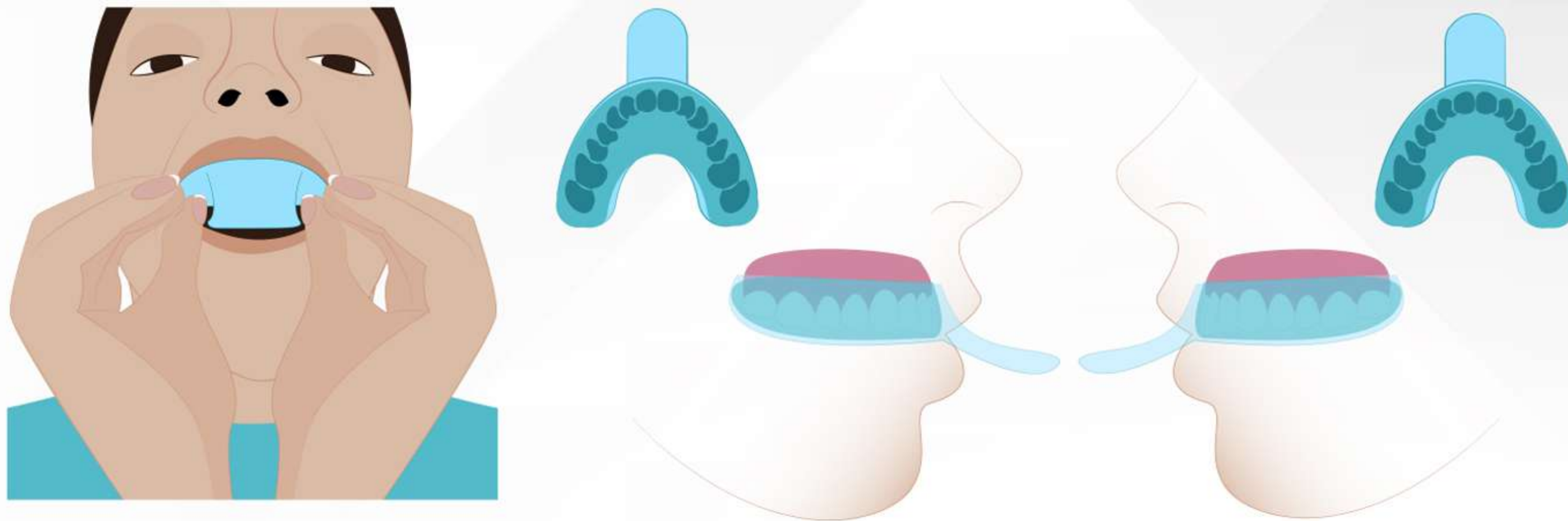
- 1 Mix the base and catalyst putties with your fingers quickly until a uniform green color, without any streaks.
- 2 Roll the putty between the palms of your hands into a cylindrical shape.
- 3 Place the putty along the arch and spread it evenly to the end of the tray.

IMMEDIATELY PROCEED TO THE NEXT STEP.



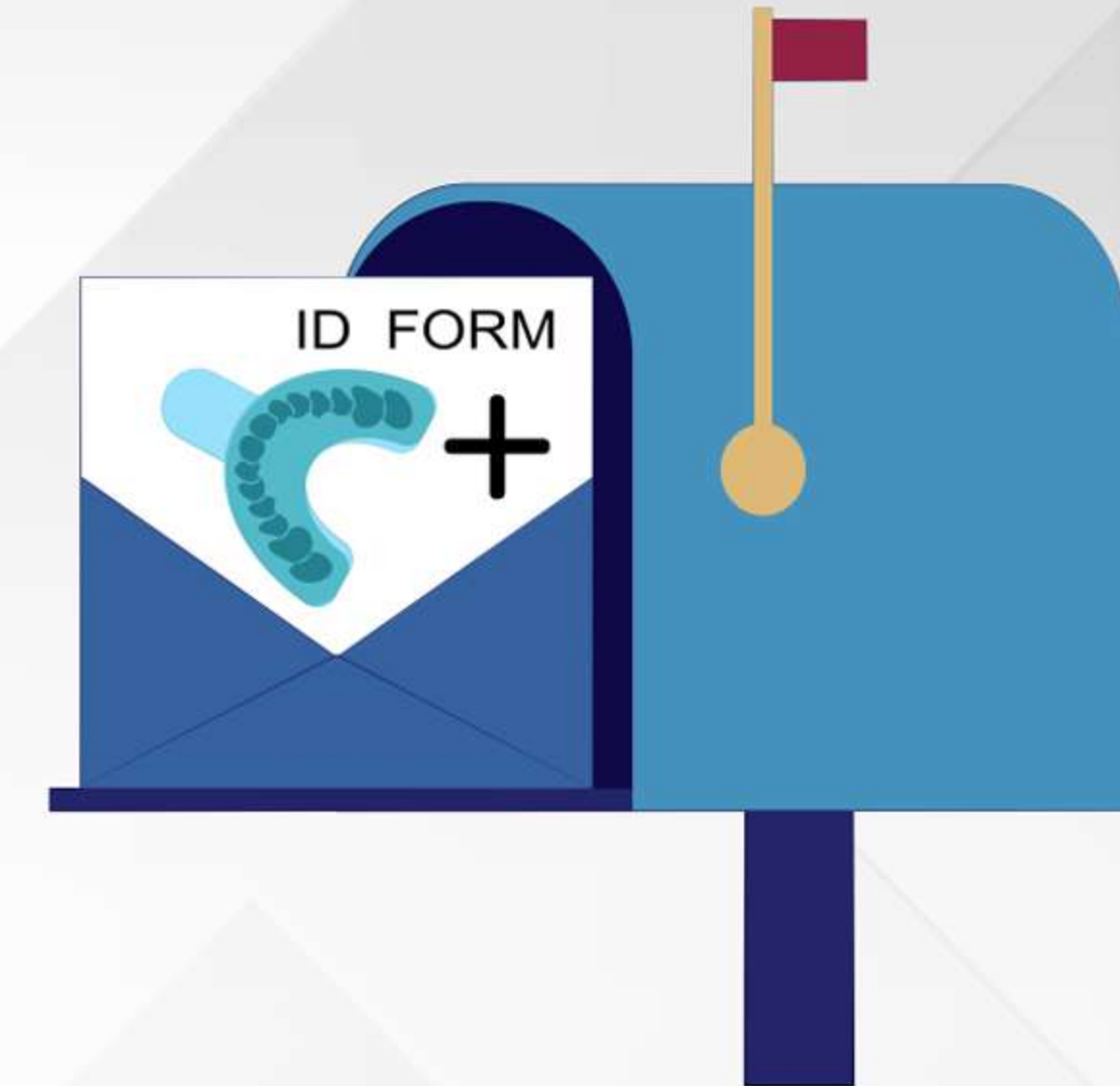
INSTRUCTION GUIDE 02

STEP 3 TAKE THE IMPRESSION



- 1 Position the tray** into your mouth and align your teeth with the tray. Do not make contact between your teeth and the putty.
- 2 Push the tray** into your teeth deeply using your thumb and fingers in one even motion especially in the back molars area. Your teeth and gums need to be impressed all the way into the putty.
- 3 Hold the tray** in place and do not move for about **2:30 minutes** and do not shift, wiggle or pull on the tray during this time. Do not leave the tray in longer than **3 minutes**. (You might feel a little bit drooly, so please relax your mouth and lips.) **Time may vary according to the room temperature.**
- 4** Once the putty is hard (test the putty by pressing on it with your fingernail), **remove** the tray by gently pulling it up and down, or pulling from the sides to remove it.
- 5 You are done.** Rinse your mouth and clean up.

STEP 4 REVIEW AND MAIL IT IN



- ✓ If you are not sure if it looks right, we can take a look for you. Send some pictures at info@asidentallab.com and we will let you know if you need another kit.
- ✓ Otherwise, fill out your information and mail back your tray impression and the ID form.

IMPORTANT: Do not forget to include the ID form! We won't be able to create your custom night guard.