

SELF-IMPRESSION KIT INSTRUCTIONS

(Recomend standing in front of bathroom mirror to aid at bite down point.)

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

Materials Needed:

Boiling Water, Coffee Mug, Paper Towel and Impression Kit.

Step 1: Boil water and pour into coffee mug.

Step 2: Place boil and bite mouthpiece into mug for 10-15 seconds.

Step 3: Place mouthpiece in your mouth biting down and sucking for 10 sec.
Then lay mouthpiece on paper towel.

Step 4: Get *Splash!* putty impression material. Take purple and white putties out of packet and mix for **30 seconds** (no more than 45 seconds).

Step 5: Roll putty impression material in palms of both hands formming a sausage shape long enough to fill boil and bit mouthpiece.

Step 6: Lay sausage into boil and bite mouthpiece. Bite front teeth where you see white line in this picture (in front center of sausage).
(This is where a mirror may come in handy)

Step 7: Bite down gently until you can't bite down anymore, then release pressure.

Step 8: Pull front upper lip over mouthpiece and impression material.
From the outside of the mouth push excess putty materiel unto gumline.
Then leave in mouth for **2 minutes**.

Step 9: Pull both mouthpiece and putty material out of your mouth and place on to paper towel. Let sit for 2 more minutes.

Step 10: Put impression into zip lock bag, then into box.
Then put box into prepaid self-addressed envelope.
Drop off at your local postoffice

You will have your own custom mouthguard shortly!

