

At-Home Impression Kit Instructions



How to Capture Great Impressions

Please read these entire instructions and watch this video before getting started. Use your phone to scan the QR code.



Use your phone to scan QR code!



Instructions Video

This Kit Contains



3 TOP Teeth Trays
3 BOTTOM Teeth Trays



Five (5) Sets of
Impression Material



Tooth
Shade Card



Cheek
Retractor



Exam Gloves



Pre-Paid
Return Pouch



These
Instructions



Bag for
Impressions

Critical Steps Before Starting Impressions

1. **Wash Hands:** Then Wear Exam Gloves When Handling Impression Material
2. **Get 'em Clean:** Brush your teeth! Get napkins nearby for cleanup.
3. **Work Fast:** Set up the timer on your phone.



Important: You must complete your impression within 90 seconds after mixing the material! A common mistake is capturing your impression after the impression material has already started to set.

Step 1: Select Proper Fitting Trays

The trays for your top arch include a palate to capture an impression of the roof of your mouth. Test fit the top trays in your mouth and select two sizes that fit around your teeth without touching your teeth. Test fit the bottom trays in the same manner. You will work with 4 trays (2 top and 2 bottom) – **ONE AT A TIME!**



Top



Bottom

If you are ordering only one (1) BetterSmiles tooth replacement appliance for either your top or bottom teeth, AND have an existing partial denture (some missing teeth) or complete denture (all missing teeth) that will be opposite from the BetterSmiles appliance, then please capture the opposing impression while the existing partial/complete denture is in your mouth.

STEP 2: Mix the Impression Material for One Top Tray

Place one of the selected top trays in front of you. While wearing exam gloves, select one **white** and one **purple** container of impression material.



Remove the entire contents of the material from these two containers. Vigorously mix them together with your hands for **40 to 50 seconds** until the color is uniform without streaks.

Within **10 seconds**, form the mixed material into a cylinder like this:



Bend the cylinder into a U-shape and place it in the top tray while separating a piece from the end and placing it into the center of the tray

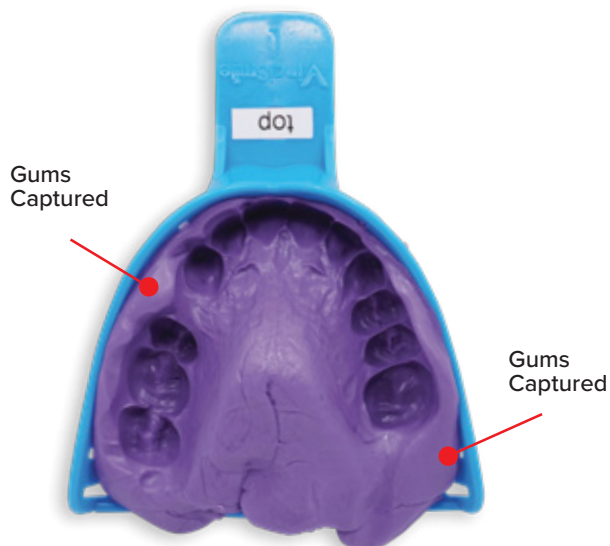


Immediately place the tray in your mouth. DO NOT BITE INTO THE TRAY! Instead, **firmly** press the tray into your teeth so that the impression material flows AROUND ALL OF YOUR TOP TEETH – chewing surface, outside, inside. *The impression tray should not touch your teeth.* Position the tray so it is level with your teeth. **Keep the tray stationary for 3 minutes.** Then slowly remove the tray/impression material from your mouth. The most common mistake is not using enough force to push the tray into your teeth, resulting in a shallow impression.

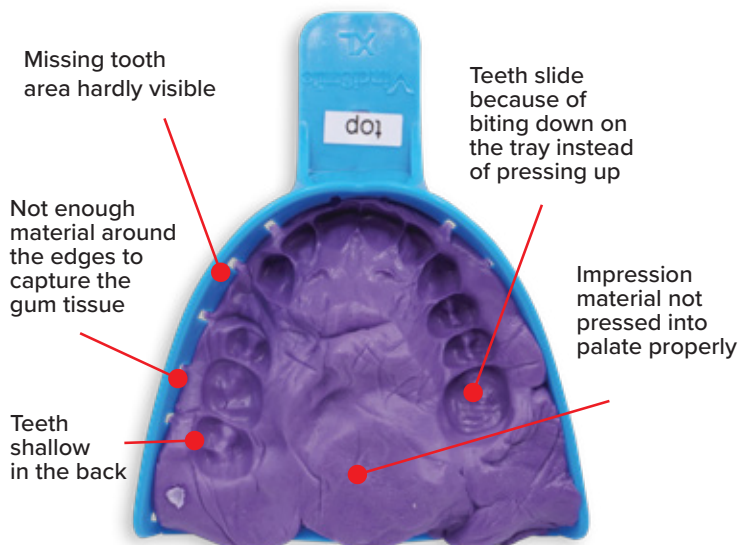
IF YOUR IMPRESSION IS “GOOD”, DO NOT REMOVE THE MATERIAL FROM THE TRAY!

Repeat the process with the other empty top tray so you will have two (2) “Good” top impressions. If you make a “bad impression” like below, then remove the material from the tray and use the spare set of impression material to capture a second “Good” one.

GOOD IMPRESSION



BAD IMPRESSION



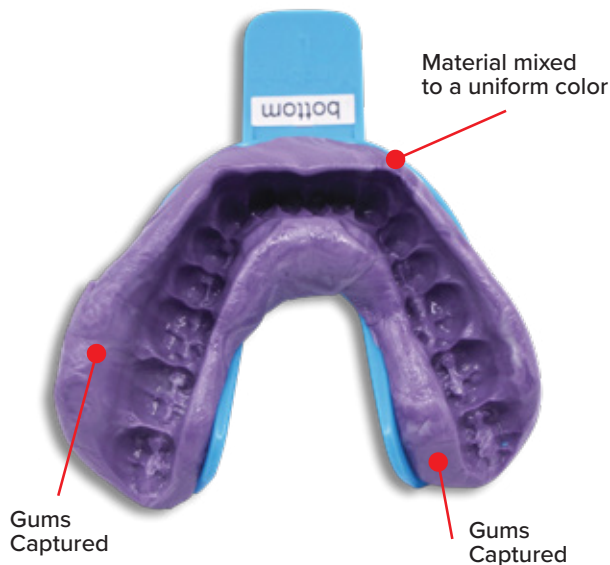
STEP 3: Mix the Impression Material for Bottom Tray

Place one of the selected bottom trays (the tray shaped like a horse-shoe) in front of you. Repeat the mixing process described in Step 2. Place the cylinder of mixed impression material into the tray in a U-shape, as shown here on the right.

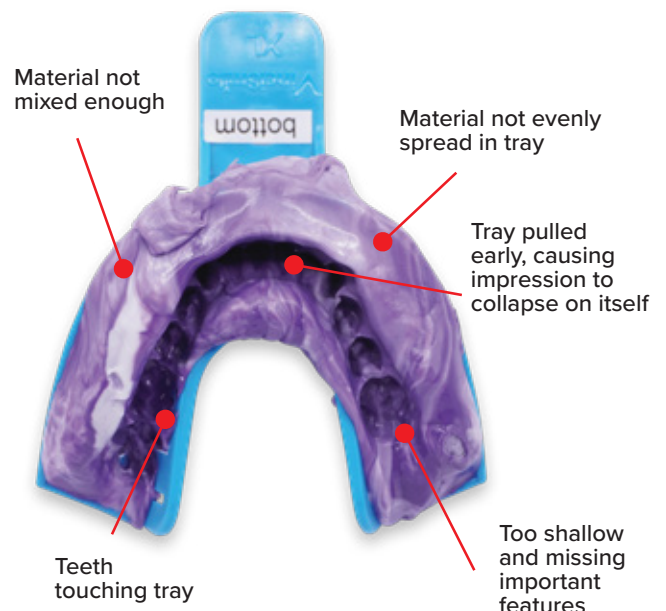
- Immediately insert the tray into your mouth following the instructions in Step 2.
- Keep the tray stationary for three (3) minutes.
- Repeat the process with the other empty bottom tray so you will have two (2) “good” bottom impressions.



GOOD IMPRESSION



BAD IMPRESSION



Now you should have two (2) “Good” top impressions and two (2) “Good” bottom impressions in each respective tray.

Rinse each impression and place them in the plastic bag provided.

STEP 4: Take 10 Photos of Your Impressions and Teeth

Click on this QR code or go to [BetterSmiles.com/photo](https://www.bettersmiles.com/photo) to upload your photos. Take photos with plenty of light. We cannot accept dark or out-of-focus photos.



Front



Left Side



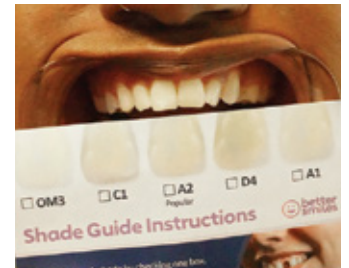
Right Side



Top Teeth



Bottom Teeth



Shade Guide



Top Impression 1



Top Impression 2



Bottom Impression 1



Bottom Impression 2

STEP 5: Allow Time for Us to Assess Your Impressions

After we notify you that your impressions meet our standards, please send ALL FOUR (4) impressions, ensuring each remains within its respective tray. **DO NOT REMOVE THE IMPRESSION MATERIAL FROM THE TRAY.** Additionally, do not send us any other partials or dentures you might possess. Securely place the impressions into the plastic bag provided and then place the plastic bag into the pre-paid shipping pouch.

Should you encounter challenges with the impression process, kindly contact our support team at **1-855-BET-SMILES (1-855-238-7645)**, email us at support@bettersmiles.com, or refer to our instructional video accessible via the QR code link on the first page of these instructions.

Upon receiving your impressions, they will be digitally scanned and shared with our dentist partners alongside your medical records you provided when you ordered the impression kit, and photos. Following the dentists' approval, we will begin the fabrication of your BetterSmiles partial(s).