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BEFORE YOU BEGIN CAREFULLY PLEASE READ INSTRUCTIONS FIRST - Additional impression kit cost \$15.00

WARNING: If you wear braces, or any other corrective appliance or have any loose dental work you must take this kit to your dentist to have your impression made. COMPGUARDS is NOT responsible for any damage while making impression.

(STEP 1 INSPECT) Unpack to find: (4) impression trays 1 L set, 1 M set, **please take the lower impression so we can add your bite for comfort**; 2 two sets of impression putty material (2 base and 2 catalyst); a green plastic bag and a prepaid return mailer. If you're missing anything, please email or call us immediately so we can ship it to you.

PREPARATION

BEFORE YOU BEGIN: Put the impression putty in the fridge for at least 15 min.

(STEP 2 TRY ON TRAY) Wash your hands and try the trays on for size. Choose the right sized trays for you: your teeth should fit in trays groove without hitting the sides of the tray. Only use one set.

(STEP 3 Mix the Putty) Remove the putty impression material from each container separately. Dispense equal quantities of base and catalyst, knead by hand until a uniform, streak free color is achieved, usually in about 15-20 seconds. This should not take longer than 30 seconds.

(STEP 4 Prepare the Tray) In under 10 seconds form a sausage shape with all of the putty. Quickly place the material in the U-shaped well of the impression tray. Do not extend putty beyond the back of the impression tray.

(STEP 5 Take the Impression) Immediately place the loaded impression tray in your mouth centering the handle under your nose. Place the front teeth near the center of the impression material about a 1/4 inch back from the front of the tray keep your mouth and lips relaxed. Firmly and swiftly press the tray **straight up** into your upper teeth. **Push up, do not bite down.** Extend upper lip over the front of the tray to mold soft putty around the gums. All teeth and gums should be covered in the impression putty, wait 2 minutes. **Do not move the tray for 3 min until putty is set.** After 3 minutes, remove the tray from your mouth by pulling straight down. Your impression should look like the one below. **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**. If your first impression is inaccurate, peel off the hardened putty from the tray and use the extra putty to re-take the impression.

(STEP 6 Mail in your Impression) Place the completed impressions into the green plastic bag and write your name on it, then place it in the prepaid /pre-addressed return envelope and mail it back. Once we receive the impressions we will fabricate your custom mouthguard and ship it to you.



 Watch video



FOR INSTRUCTIONAL VIDEO SCAN THE QR CODE ABOVE OR GO TO
<http://l.lead.me/compguards>