

# How to Make a Good Impression.



**Read these instructions.**

**Watch our easy to follow video.**

Your new veneers need to fit snugly over your teeth. The dental impression(s) you take will be used to make a Three-Dimensional model of your existing teeth so that we can achieve a good fit and an aesthetic look. To do this we need your impression to capture your teeth and gum line.

## **1. Before you start.**

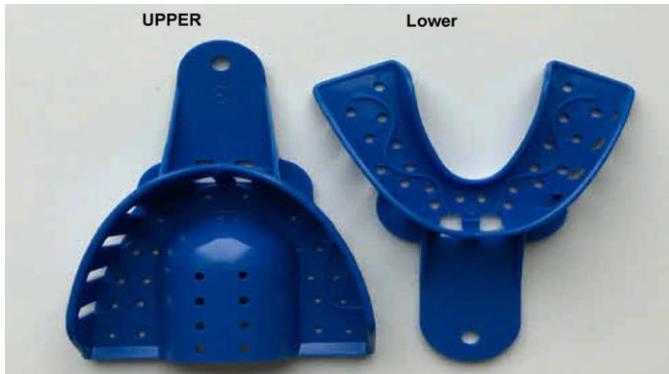
- Clean your teeth.
- Make sure your hands are clean.
- Have a Mirror & Stop Watch to hand (you can use the stop watch on your mobile phone).
- Watch our instructional video <http://FabSmileVeneers.co.uk/video>.
- If you have loose teeth, loose fillings or loose crowns or wear an orthodontic brace, please do not take any impressions.



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## 2. Know which tray to use.

The trays for the upper and lower teeth are different. The lower tray is smaller and has a cut-out section in the middle, whereas the upper tray has a solid section in the middle. We call your upper teeth your *upper dental arch* and your lower teeth your *lower dental arch*. As a minimum, we need an impression of each arch you getting your veneers for. Although it's not essential, it would be helpful to us if you could take impressions for both arches even if you are only getting veneers for one arch. **You must only take one impression at a time.**



## 3. Before taking any impression, check that the tray fits.

If the tray is too small, it won't fully capture your teeth and gum line. What will happen is that the edges of the tray will rub-up against your teeth and this will distort the impression.

Place the tray inside your mouth without any putty in it. If the tray does not touch or pinch the outer edges of your teeth, you can use it to take your impressions. If you find that you need a different tray size, please phone us immediately on 03333 206662 and we will send you a different size tray. **If the tray does not fit, please do not take any impressions.**



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## 4. Mix the putty fully.

We use vinyl polysiloxane (VPS) for our putty. This material is designed to be highly accurate. It should be used at normal room temperature. Take one tub of coloured putty and one tub of white putty. **The two portions of putty need to be fully mixed together.** Do this for 30 seconds until the mixed putty is one solid colour, without any streaks of the original colours. If the putties are not mixed thoroughly, it won't capture your impressions. When the putty is mixed, roll it into a sausage shape, then using your thumbs gently push the putty into the tray mould. You should not be able to see the front edge of the tray because the putty will have gone over it when you pushed the putty into the tray.



## 5. Centre your teeth in the impression tray.

Using the mirror, open your mouth as widely as you can. Insert the tray into your mouth. Centre your teeth in the tray, that way you will get a good impression of your teeth and gum lines. **Don't** allow your teeth to be positioned to one side of the tray. **Do** line-up your teeth over the centre of the tray before pushing the tray into your teeth. It helps to look in a mirror, so that you can make sure the tray handle is positioned at the centre of your smile.



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## 6. Push the tray into your teeth.

**Push the tray straight up into your teeth** until you feel your teeth come into light contact with the bottom of the tray. **The teeth need to sink into the putty deep enough to fully capture your gum line.** For your upper teeth, when you first insert the tray, press your thumbs into the tray at the back of the mouth. You should feel the putty push out of the back and over the sides of the tray as you push the tray into the teeth, enveloping your teeth and reaching to your gums. You should also be able to feel the putty seeping on to your gums at the back of your mouth. For upper impressions, you may feel a bit of putty on the roof of your mouth, behind your teeth. For your bottom tray, it helps to stick your tongue over the top of the tray while taking your dental impressions. Pull your lips over the tray. You'll want to make sure **both the front and back of your teeth are captured in the putty.**



## 7. Take your time!

Hold the tray in position for 3 to 4 minutes, its best to do this using your thumbs to ensure even pressure over all your teeth. The putty needs enough time to set so it fully captures your impressions. Don't worry, the putty is designed so that your teeth will not get stuck into it and it should be easy to remove the tray once your impressions are complete. If in doubt it is better to have the tray in your mouth for too long than for too little time.

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## 8. Taking the tray out.

Push your index fingers up into your cheeks until you can feel the rim of the tray and then GENTLY prize down the tray until it comes free. Rinse with cold water and allow to dry.

## 9. Inspect the finished result!

After you have taken the tray out of your mouth, rinse the impression in the tray with cold water. **Do not try to take the impression out of the tray.** Allow the impression to dry and then check it for any defects.

A Good Impression:

- you should be able to see all your teeth in the impression tray
- you can see an outline of your gum above your teeth

A Bad Impression:

- teeth appear stretched
- the bite depth into the putty is shallow
- no gum line visible



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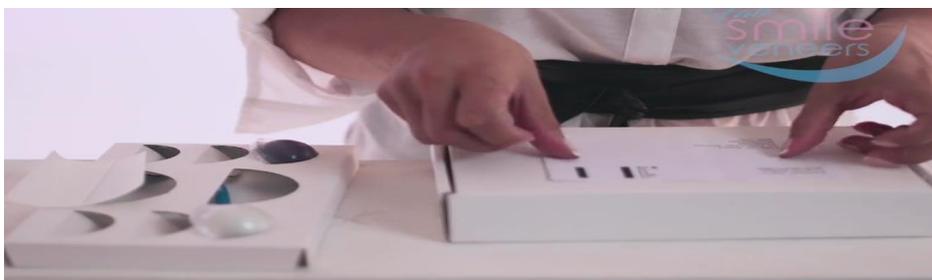
## 10. Repeat for lower teeth

Even if you are only getting veneers for just one dental arch, if possible, it's still a good idea to take an impression of your other teeth because this will help us understand how your teeth bite together and therefore optimise our design. However, if you have loose teeth, loose crowns or loose fillings, wear a brace or have other dental problems effecting your lower arch please do **not** take an impression of your lower teeth.

## 11. Return your completed impression(s)

With the impressions still in their trays, put the completed impressions in the clear see-through plastic bag provided. Make sure your completed Return Form is also placed in the same bag- the form must include your name, address and order number. Remove any spare putty and unused impression trays from the box which the impression kit came in, and put these to one side as you may need them if we ask you to take another impression.

Put the plastic bag into the empty impression-kit box, affix the pre-paid Postage Return Label, and make sure the box is securely closed (please seal with Sellotape to make sure the box does not come open in the post). Post the box back to us as soon as possible, so that we can get to work on your new veneers!



## 12. Questions?

Phone us on 03333 206662.