Disclaimer: Bite Defense strongly recommends that you have a dentist take your dental impression. It will be more accurate and the mouthguard will fit better. If you cannot do that, and wish to take your own dental impression, you do so at your own risk. Bite Defense makes no warranty, guarantee, or claim, expressed or implied about the safety of taking your own teeth impression and will accept no responsibility for anything that happens as a result. Make sure to follow all safety precautions.

Impression Kit Contents:

1- Small Tray (Blue)
1- Medium Tray (Green)
1- Large Tray (Yellow)
4- Impression Putty Containers, 2 Blue, and 2 Gray.
1- Impression Bag
1- Prepaid Return Shipping Label
1- Self Impression Instructions
(Not all items are shown.)

Please make sure that all items are present. If not, contact us immediately at: info@bitedefense.com
If you would like to view these instructions online, please go to: http://www.bitedefense.com/the_process.php

**Step 1:** Read these instructions all the way through twice. Wash your hands and find a clean surface to lay out the trays and putty containers. Place the packing “peanuts” someplace safe for the time being. Do not throw away the “peanuts”.
Try each of the trays in your mouth very carefully. You need to be careful because sometimes, the side of the tray will hit your gums when it does not fit. Never bite all the way down if you feel it touching the gums.
Try the next tray size up. If the next size up is too big, you may need to adjust the outside edge of the tray. Get a candle and a cup of cold water. Use the candle flame to heat up the plastic in the spot, where it is touching the gums. When the plastic slightly softens, press it outwards from the inside. Be careful not burn yourself! Dip your fingers in the cold water before touching the plastic, if it is too hot. When you are done adjusting, dip the tray in the cold water for a few seconds to cool.

Copyright 2010 © Bite Defense
The tray should fit with a small amount of space between the front of the teeth and the inside of the tray. Once the tray fits properly, rinse it off and dry with a paper towel.

**Step 2:** Next step is the Impression Putty. If your tray size is small or medium, you will need one (1) Blue and one (1) Gray container of putty to fill the tray. (This will leave you a back up set, if you need to do it again.) If your tray size is large, you may need to use two (2) Blue and two (2) Gray containers of putty.

Once you know how much putty you will need, place the putty containers in the refrigerator for 10 minutes. This will cool the putty, and give you a little more working time. (Do not freeze or leave in the refrigerator for longer than 10 minutes.)

If you have any crowns, partials, fixed bridges, or any other similar dental work, rub a light layer of Vaseline over the teeth with the work. Rub the front, back, and bottom of the teeth. If you have a fixed retainer or any questions about your existing dental work, call around and find a dentist who will do your impression. Do not attempt the self dental impression!

It is very important to time the procedure carefully. Here is the timing:

30-45 sec.  Mixing time.
45 sec.-1:00 min.  Place the putty in the tray.
1:00 min.-2:00 min.  Place the tray in your mouth.
2:00 min.-4:00 min.  Allow to it set.

It is crucial to follow the time schedule. If you mix the putty for too long, or take too long to get the tray in your mouth, the impression will not work.

Copyright 2010 © Bite Defense
When you have the time schedule memorized, and a clock handy to time the process, get the putty from the refrigerator.
Next, remove the putty from the containers and roll each putty into a ball. Then, roll each putty into a cigar shape. Start your timer and twist the putties together.

Start pressing with your thumbs immediately, needing the two putties together. Fold it in on it’s self repeatedly. Work quickly until the putty is one color.
**DO NOT FORGET TO WATCH YOUR TIME!** You only have 30-45 seconds to do this.

Quickly squeeze the putty between your palms to get rid of any air pockets, and roll into a cylinder shape. Bend in the middle to make a horseshoe shape, and press into the tray and smooth. Leave it thick near the front and thin at the back. Scoop out the putty inside the white slash mark area with your thumb. The putty will be in a horseshoe shape in the tray.
You have 15 seconds to do this.

Copyright 2010 © Bite Defense
Grab your upper lip in the middle and gently pull out. Be very careful not to pull too hard, that you tear your Frenum! (The Frenum is the small connective tissue at the top middle of your gums, that is attached to your upper lip.

Remember, you have to work quickly. Place the tray in your mouth so that when you bite down, your front teeth will be close to the front of the tray. Bite down as far as you comfortably can. This should happen at the 1 minute mark.

You should feel the putty squeeze up into your vestibule area. This is the area at the top of your gums, where your lips and gums meet. If you don’t feel it happen, you will need to help a little bit by pressing on your lip.
Gently press your lip with your finger tips, to force the putty under your lip into the vestibule. Raise your chin, lean forward slightly with your chin up and breath through your nose. Sometimes it helps to inhale for a slow count of four, briefly hold and exhale for a slow count of four. Repeat until your timer says 4 minutes. Structured breathing like this, helps to keep your mind off your gag reflex. This is important if some of the putty squeezes out of the back. The tray needs to be placed correctly in the mouth between the 1:00 Min. to 2:00 Min mark.

If you could see the the tray in the mouth without your lips and cheeks being in the way, this is how it would look. Notice how the putty has been pushed into the vestibule.

After four minutes from the time you started mixing the putty, you can remove the tray. Grab the handle and pull down until the tray loosens. BE AWARE THAT AT FIRST, IT MAY FEEL LIKE THE TRAY IS NOT GOING TO COME OUT. THIS IS CAUSED BY THE STRONG SUCTION OF THE PUTTY. DO NOT PANIC. IT MAY TAKE A LITTLE EFFORT, BUT ONCE YOU BREAK THE VACUUM, THE TRAY WILL COME OUT EASILY.
Now it is time to examine the impression. The image below shows some of the things that can happen with a bad impression. If your impression looks like this, you will want to redo the whole process. Simply tear out the putty from the tray, removing all residue. Repeat all steps to redo the impression.

If you are not sure, you can send us a picture of the trouble area. (Make sure to use the macro function on your camera. It usually looks like a flower icon on the camera. When taking the picture, hold the shutter button half way, to let it focus on the impression. Once it is focused, press the shutter all the way down to take the picture. It helps to be about 12” away. Blurry pictures will not help us examine the impression.) Take the picture in indirect sunlight if possible. (We are not responsible for bad impressions. If you use up all the putty without getting a good impression, let us know and we can send you more putty for a small fee.)

Copyright 2010 © Bite Defense
Here is an example of a good impression.

Once the tray is out, rinse under cool water to remove any saliva. Dry thoroughly, with a paper towel and Place it into the Impression Bag with the label. Make sure you fill out the label completely. Place the impression in the same box the kit arrived in. Replace the packing “peanuts” and tape up the box securely. Place the Prepaid Return Label on the box and it’s ready to take to the Post office.