

# Let's Get Started Smiling Again!

Congratulations on receiving your ResetSmile at-home Impression Kit. It contains the 3 upper arch trays, 3 lower arch trays, 1 bite registration tray, 1 smile cheek retractor, 4 blue putties, 4 white putties, and instructions. It also has a shade-match card to snap a selfie of your smile with and send in so your device will match your natural tooth shade. We have provided a prepaid return label to ship your impressions back to us.

When we receive your 3 impressions we'll make a 3D scan of your teeth and virtually design your ResetSmile device according to the treatment plan of a Board-Certified Dentist. Once approved, we'll fabricate and mail your ResetSmile device to your home, all typically within one to two weeks from when we receive your impression.



# Impression Guide

How to take your ResetSmile  
Photos and Impressions



Watch the  
online video



**ResetSmile**

# How to use your home impression kit to make your perfect impressions

It is important to read and understand all of the instructions before you begin. You have about **90 seconds** to prepare the impression material before it begins to set. Have a timer ready to keep on track.



## 1 Select Proper Fitting Trays for your upper and lower arch

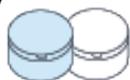
Before you start, “try on” the impression trays in your mouth (three sizes of each upper & lower are provided). Choose the size that’s just large enough so that it fits around your teeth and gums comfortably without contacting them. The bite tray is one size fits all.



## 2 How to Mix and Roll Putty For Each Tray

### a. 30 seconds: Mix 1 blue putty and 1 white putty together

Wear gloves. Extract one blue and one white putty from its jar for each impression. Knead them together quickly and vigorously for **30 seconds** until thoroughly mixed—make sure there are no swirls or streaks.



### b. 30 seconds: Roll into a log

Roll blended putty into a uniform cylinder. Then quickly lay the log into the tray as instructed.



## 3 How to Make Each of Your 3 Impressions

### Putty mixture takes 3 minutes to harden.

For each impression, place the tray loaded with the log in your mouth. Use your fingers and thumbs to press the tray in place so that putty extends onto your gums.

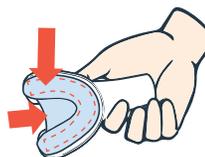
03:00

**All teeth and the surrounding gums should be fully enveloped by the putty.**

Pull your lip over the tray and leave it in place for **3 minutes**. Do not shift or wiggle the tray and do not bite into the putty. Use tray handle to carefully remove your impression tray **after 3 minutes**.

### a. For your UPPER IMPRESSION:

Mix and make a log that is long enough to fill the entire U-shape of the tray AND 1 inch extending beyond the end of tray. Remove the 1 inch section of putty from the end and place it to cover the center arch of the tray (for your upper palate).



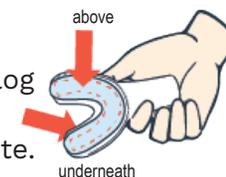
### b. For your LOWER IMPRESSION:

Mix one blue and one white putty and make another log. Make sure the log fills the entire shape of the tray.

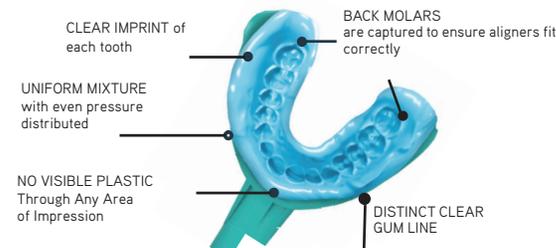


### c. For your BITE IMPRESSION:

Mix another blue and white putty then divide it in half. Roll into two logs. Put one log into the top trough and the other log underneath the Bite.



This is what a good impression looks like:



## 4 Pack Up & Send Us A Total of 3 Impressions

Place the 3 impressions in the pre-labeled bubble mailer pouch provided and seal it shut. Return postage is already paid, so you can simply mail it back via US Mail. You will get an email confirming your impressions and photos are all good. We will deliver your custom-made device within one week from when we receive your impressions.

## 5 Take 3 PHOTOS of your smile and then upload

Simply upload your smile photos at [resetsmile.com/upload](https://resetsmile.com/upload)

Use your phone to take three close-up selfies of your smile. Bite down for each photo as shown.

**PHOTO #1:** Front view

**PHOTO #2:** Front view with cheek retractor

**PHOTO #3:** Cheeks retracted with shade guide in frame

