

Knowing the difference between good and bad impressions



In order to produce accurate and precise fitting retainers, whitening trays, and night guards, it is important to carefully take a good quality impression of your teeth. Below are some tips and tricks on how to accomplish this goal.

Example of a Good Impression

- The proper tray size was used to ensure the teeth did not hit the sides of the tray.
- Bite completely down through the impression material to the bottom of the tray. It is very important to have a good deep impression.
- Enough impression material was used to properly capture all the teeth and soft tissue (gums).



Examples of Bad Impressions

- Too small of a tray was used. The back teeth are hitting the sides of the tray, preventing the impression material from forming around all the teeth and gums.



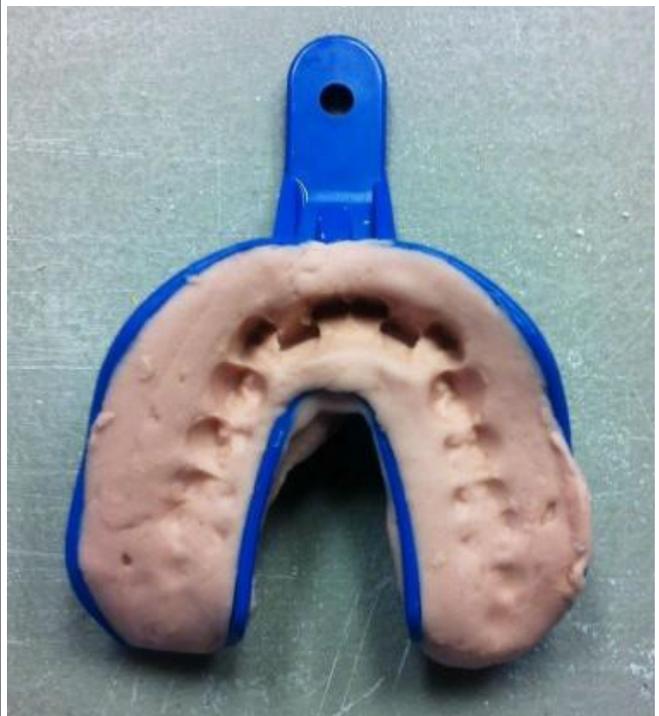
2nd Bad Example

- This person bit down too close in the front. The front teeth slid down and hit the tray. As a result there is not enough impression material in the front of the tray.



3rd Bad Example

- This person bit down in the front but did not apply enough pressure in the back. As a result the impression is too shallow. Not usable.



Final Example

- This person bit down twice as seen in the front of the tray. Once you are in about halfway, never pull your teeth out and re-bite.

