

Self Impression Instructions

Your retainer is made by computerized equipment with perfect accuracy. However, the retainer you receive can only be as good as the impression you send us. Please follow the steps below to ensure the best possible results.

STEP 1: LEARN

Begin by watching the Clearretain instructional videos at <http://www.clearretain.com/videos.html>

STEP 2: CLEAN YOUR TEETH

Floss and brush you teeth

STEP 3: GATHER MATERIALS

Before taking impressions of your teeth, you will need the following items on hand:

Provided in the Clearretain kit

Upper trays in 3 different sizes



Lower trays in 3 different sizes



Red and white putty



Seal-able plastic bags – 2



Information sheet



USPS Priority Mail shipping box



Provided by you

- A timer or clock (most cell phones have a timer built in)
- A mirror

STEP 4: IDENTIFY THE CORRECT TRAY SIZES FOR YOUR MOUTH

Find the best fitting upper and lower trays for your mouth size:

- There are 3 different upper trays and 3 different lower trays
- The upper trays have no gap, the lower trays look like a horse-shoe
- Test each tray size in your mouth. You will know which size is best when your teeth fit inside of the tray without hitting the sides or front of the tray. *(If you need your tray to be a little wider, carefully dip it (using the handle) in boiling water for about 20 seconds or so. Let it cool slightly and then bend the sides and/or the front of the tray with your fingers to widen.)*
- Practice placing the tray in your mouth using the correct position as shown in the video.
- Set the incorrect sized trays away from your work area.

UPPER



LOWER



STEP 5: TAKING YOUR IMPRESSIONS

If you only need one retainer, follow the steps below. If you are getting both upper and lower retainers, complete one arch first and then repeat the steps for the other arch.

1. Open one white putty and one red putty and remove the putty from the plastic containers.
2. Start the timer.
3. **Vigorously** knead the two putties together for **30 seconds** (it should become a nice unified pink color).
4. Quickly shape the putty into a rainbow shape that will fit into the arch of the tray. NOTE: **YOU HAVE APPROXIMATELY 25 SECONDS AFTER KNEADING THE PUTTY TO BITE DOWN ALL THE WAY. AFTER 25 SECONDS, THE PUTTY STARTS TO SET UP AND WILL BECOME HARD.**
5. Place the tray with the putty loaded in your mouth. When you bite down, your goal is to have the putty surround your teeth without having the plastic edges of the tray touch any of the sides of your teeth.
6. Gently bite **straight down with one fluid motion** into the putty until some of your teeth reach the bottom of the tray. The putty should surround your teeth all the way to your gum-line if possible.
7. Leave the tray in place **without moving it** and wait for your timer to reach **4 minutes**.
8. To remove the tray, open your mouth as wide as possible and carefully use the handle to smoothly separate the tray from your teeth. Avoid the urge to wiggle or rock it back and forth as this can distort the impression.
9. Verify that you have taken a good impression by watching the video “Good and Bad Impressions” at <http://www.clearretain.com/videos.html> If you are uncertain, please email a picture of your impression(s) to info@clearretain.com and we will check it for you.
10. Rinse the impression off. Place your impression in the plastic bag provided and seal it.
11. If you want both upper AND lower retainers, repeat the steps above for the other arch.
12. That's it. You're done!



STEP 6: RETURN YOUR IMPRESSIONS

1. Place the information sheet along with your bagged impression(s) into the box we sent you. Please do not put the information sheet in the bag with your impression as it may get moist and smear the writing.
2. Tape the box shut. PLEASE do not rely on the USPS box adhesive. Use packaging or masking tape to seal the box shut so that it doesn't come open in transit.
3. The box already has our prepaid return label. Simply give the box to your mail person or drop off at the post office.
4. If you ordered extra putty, but ended up not using it, then return the putty for a full refund.
5. Please return the remaining unused impression trays as well.

After we receive your impression(s) it takes only 24 hours to create your retainer(s). We then ship the retainer(s) back using 2 day Priority Mail from the USPS.

If you have questions or concerns, please feel free to email or call us: info@clearretain.com / 801-610-1358

Tips for taking a good impression:

- *Practice in front of the mirror placing the tray in your mouth a couple of times before mixing the impression putty.*
- **Don't wait too long to bite down into the putty.** *This is the number one problem we see with self-impressions. After mixing the putty together, it is very important to place the putty into the tray and bit down into it as soon as possible.*
- *Do not bite into the putty twice. We see many impressions where an individual bit halfway down, then pulled out to re-position. We are not able to use impressions that have to sets of bit marks inside.*
- *Bite straight down to the bottom of the tray. This insures the putty will squeeze up around all your teeth.*
- *Make sure you leave the putty in your mouth for the full four minutes. This ensures the putty is fully set-up and ready.*