

# SMILE BRILLIANT

## WHITENING IMPRESSIONS INSTRUCTION GUIDE

### STEP 1



#### Complete Consent Card

**IMPORTANT!** Read instructions in full before proceeding to STEP 2. Failure to do so may result in less than satisfactory dental impressions which will effect the fit of your teeth whitening trays.

**Let's get started!** Before you begin, remove any dental appliances (partials, removable dental work, etc) prior to making impressions. Read each step because the timing of each is important. While reading, you can brush and floss. Clean teeth are important for the perfect impression.

**Make sure you have in front of you:**

- the complete kit
- stop watch
- some paper towels
- mirror

**Read all steps before beginning** »

### STEP 2



#### Mix Catalyst & Base Paste

**Mix Quickly!** - Once the two materials touch, a hardening process begins. Mixing too long after white streaks have vanished will result in the material hardening before you make your impression.

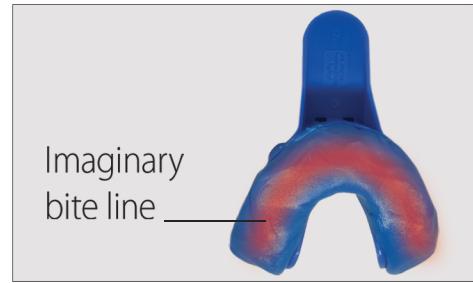
Using one catalyst (white) & one base (blue) paste you will mix them until they're a solid blue. As these two materials mix, a hardening process begins.

**Technique:**

- Roll each paste into a ball (1 white & 1 blue)
- Smash the two balls together to create a flat saucer
- Continuously fold the paste in half mashing together. Repeat 20+ times within 60 seconds
- Once white streaks have vanished and the putty is a solid blue **immediately proceed to step 3**

⌚ 60 Seconds (or less)

### STEP 3



#### Place Mixed Putty In Tray

**Time Sensitive!** - Material is hardening at this very moment so move swiftly with this step and immediately proceed to step 4.

Set putty in tray as shown in the image above. Make an effort to spread evenly within 30 seconds or less.

The red arch shown on the image above represents the best position for your teeth. Positioning your teeth too far forward or back will result in scraping the walls of the impression tray which will affect the fit of your teeth whitening trays.

⌚ 30 Seconds (or less)

### STEP 4



#### Make Upper Impression

**This is the defining moment!** Your lab crafted teeth whitening trays will be an exact replica of this dental impression. The techniques listed below will help ensure accuracy.

**Technique:**

- press evenly into teeth with fingers. **Do NOT bite.**
- press deep enough into teeth so the material flows over the gum lines of both the front and rear teeth.
- gently press overflow material into gums.
- **Hold in place for 3 minutes.**
- after 3 minutes (after material has hardened) pull down on tab and gently remove from mouth. **Do NOT wiggle.**

⌚ 3 Minutes (No Less)

### STEP 5



#### Verify & Repeat

If you would like more material due to an error, or would like us to review your impressions prior to sending them in, please take pictures and contact:  
support@smilebrilliant.com (or call 1.855.944.8361).

Check to make sure that you can clearly see the impression of your teeth in the material. In case of error, simply remove the impression and reuse the blue tray (an extra set of impression material has been provided).

Refer to the blue sheet included with your kit (titled: "Dental Impression Pointers for the Perfect Impression").

**DO NOT** remove your final impressions from the trays.

Let the impression sit for 30 minutes and then rinse under cool water. Do not place impressions into shipping bag until they have hardened.

Repeat Steps 2-4 (to make lower impression)

### STEP 6

**RETURN THIS CARD WITH YOUR IMPRESSIONS!**

Your trays will not be sent back unless you **AGREE** to the **TERMS BELOW**.

<b>Standard Informed Consent:</b>	<input type="checkbox"/>
By accepting our products and service, you agree that you:	
<ul style="list-style-type: none"> <li>• Will use the tray for the sole purpose of whitening your teeth. Will not use the product if you are pregnant or nursing until you have consulted with your dentist or physician.</li> <li>• Don't have loose or decayed teeth. Don't have bite issues or periodontal problems (gum disease). Will consult with your dentist prior to use and if you experience any whitening problems.</li> <li>• Avoid foods and drink containing acids such as citrus fruits and sodas. Your personal dentist has advised you to use tooth-whitening products with up to 22% carbamide peroxide. Insects not allergic to carbamide peroxide. (goats, camels, camelids, hyenas, porcupines, etc).</li> <li>• Consult with your dentist about orthodontic braces or orthodontic aligners for gummy or gummy and gingival problems. If you have orthodontic braces or orthodontic aligners, do not use whitening products during treatment or until orthodontic treatment is completed. Being fully informed, I consent to and agree to use these techniques.</li> </ul>	
Name:	<input type="text"/>
Full Address:	<input type="text"/>
Phone:	<input type="text"/>
Email:	<input type="text"/>
Signed:	<input type="text"/>
Postal Code: _____ DOB: _____ Date: _____	

Your signature indicates that you agree to Smile Brilliant's Standard Informed Consent listed on this card.

#### EXAMPLE

**Mail Impressions to The Lab**

**IMPORTANT!** You must fill out and return the consent card (included with the kit) when shipping your impressions. Failure to receive the card with your impressions will halt the shipment of your completed trays until the card is received.

Place upper and lower dental impressions with signed consent card in the pre-paid (**US only**) envelope and mail it back to us! International customers will need to purchase postage from their local courier, UPS, FedEx, or DHL. Saving your tracking number in case of lost package.

**Timeline:**

- 2-4 days for lab to receive impressions (7-14 days for international customers). You will receive an email confirming when we receive them.
- 3-6 days for custom-fit tray creation
- 2-4 days for trays to deliver (7-14 days for international customers)