

- ⚠️ Cannot be used with any orthodontic appliances!
- ⚠️ For use under parental supervision!

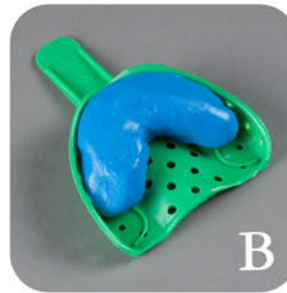
PREPARATION

- 1) Prepare a clean surface in front of a mirror.
- 2) Remove the contents of your box - Your kit contains: (fig. A)
 - Blue and White Putty (x2)
 - Small, Medium, and Large Impression Trays
 - Impression Bag
 - Return Address Label
 - Instructions and Order Form
- 3) Select an impression tray: Try each tray in without putty and choose the one that fits most comfortably in your mouth and extends over all of your teeth.

IMPRESSION PROCEDURE (read carefully before beginning!)

- 1) Open only **one** blue putty and **one** white putty. Quickly mix them together with your fingers until they form a uniform blue color. **It is extremely important to note that this procedure is very time limited. You have approximately 45 seconds until the putty starts to harden.**
- 2) Roll the putty into a cylinder shape about 3-4 inches long and set it in the tray. (fig. B) Make sure the tray is full and that the putty doesn't extend out the back of the tray. Slightly press the putty into the tray, making sure that there is a lot of putty toward the front of the tray. (fig. C) **REMEMBER TO WORK QUICKLY!**
- 3) Once the putty is molded in place, position the tray in your mouth with your thumbs on the underside. Your teeth should be positioned about 1/2 inch from the front edge of the tray. (fig. D) In front of the mirror, push the tray up onto your teeth in one motion until your teeth hit the bottom of the tray. Push slightly on the back edges of the tray to make sure it has good contact on your back teeth. (fig. E) Once the tray is in place, pull your upper lip over the front of the tray. (fig. F) **It is important not to drag your front teeth on the edge of the tray.** Before the putty starts to set up, add a small amount of pressure on the bottom of the tray under the front teeth.
- 4) Relax and hold this position for about **2-3 minutes**. You should be able to feel the impression material harden under your top lip.
- 5) After about 2-3 minutes, carefully work the impression out of your mouth using a slow rocking motion.
- 6) **Check your impression to make sure that there is good definition of your front upper gums as well as your teeth.** (fig. G)
- 7) If you feel that your impression isn't adequate, remove the impression material from the tray and start over.
- 8) If you are happy with your impression, **leave it in the tray**, rinse it well with cold water and let it air dry. Place it in the provided bag.
- 9) Your completed impression is now ready to be shipped back to MMA Grillz for mouth guard production. Using the box provided, please send back your final impression, any unused impression trays, and your order form. Place the provided MMA Grillz address sticker securely on the outside of the box.

FOR BEST RESULTS, PLEASE FOLLOW INSTRUCTIONS CAREFULLY!



Your mouth guard will ship within 5 business days of MMA Grillz receiving your impression.