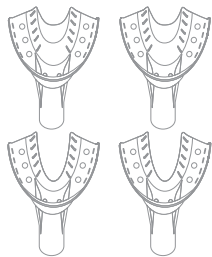




A beautiful smile you can trust

Impression Guide

Inside your impression kit:



1 2 SETS OF IMPRESSION TRAYS

A pair of impression trays for your upper teeth and a pair for your lower teeth.

2 IMPRESSION PUTTY MIXTURE (WHITE & BLUE)

Each kit includes 4 containers of white impression putty and 4 containers of blue putty.



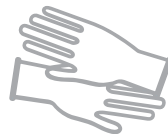
3 ONE ORAL CHEEK RETRACTOR



4 IMPRESSION INSTRUCTION BOOKLET & CUSTOMER NAME CARD



5 A PAIR OF VINYL GLOVES



(Do NOT use latex gloves)

6 RETURN LABEL AND CUSTOM STICKER SEAL

Each Park Dental™ Impression Kit includes a return shipping label and seal. (Items not shown).



FOR BEST RESULTS

Watch & Learn

We recommend watching our online tutorial video for the step-by-step process to creating a great impression.

If you have specific questions about your treatment plan, contact your doctor. The team is always happy to answer any questions you may have.



Getting started is easy!



BRUSH YOUR TEETH

Let's start with a clean mouth. Brush your teeth and floss to remove all food particles, as this helps make a better impression.



GLOVE UP

The impression putty can get quite sticky. Vinyl gloves are recommended as latex gloves may impair the setting reaction.



GRAB A TOWEL

It's common to drool a little while making your impressions. Keep a towel close to wipe away any excess saliva. There is no harm in swallowing your saliva while the putty is in your mouth.



TEST FIT YOUR IMPRESSION TRAYS

Test fit your impression trays before using them. Make sure that they fit your very back teeth on top and on the bottom. If your trays are not a good fit, just let us know and we'll send you a better fitting replacement.



PREPARE THE IMPRESSION PUTTY

We recommend removing the containers of putty from the kit and letting them reach room temperature. Be sure to wear your gloves when handling the impression material. It gets sticky really fast.



SET YOUR TIMER FOR ACCURACY

Don't forget to set your timer when making your impressions. There is no need to remove your gloves during this process.





For online support visit our website at:
MySmile.ParkDentalAligners.com

What we'll need from you:

- 1 **20 Minutes** to complete your sets of impressions
- 2 **4 Impressions**, 2 of your upper teeth and 2 of your lower teeth
- 3 **Completed name card** to ship back to us with your impressions in the mail
- 4 Create your online account and **upload your smile photos**

DON'T

- **Don't** worry about mistakes. You get more than one try. If your impressions are not ideal, we will ship you a redo kit.
- **Don't** use latex gloves. This may impair the setting reaction of the impression putty.
- **Don't** move or shift the impression tray once it is placed in your mouth.
- **Don't** bite down on the tray, use your fingers to press it into place.

DO

- **Do** mix your impression putty thoroughly until you have a single, even color (uniform mixture).
- **Do** apply even pressure when placing the trays in your mouth. Do not force it into place.
- **Do** pay attention to your timer and follow the instructions carefully.



The anatomy of a successful impression

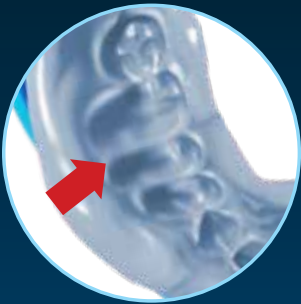
A good impression shows your gumline around all your teeth with a clear imprint for each tooth.



COMMON IMPRESSION MISTAKES

Inspect your impressions carefully. Remember at least half of your back tooth must be captured in order for the aligners to fit correctly. Below are examples of rejected impressions due to common mistakes.

Too close to tray with poorly defined margins



Tooth contact with impression tray & inconsistent pressure



Multiple impressions with smudged gumline



Uneven pressure & putty not mixed sufficiently



Don't worry, you've got this!

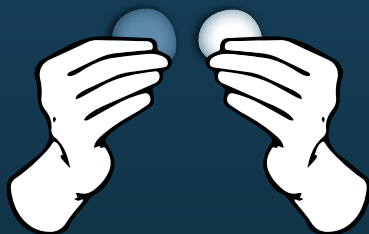
Let's get your impression putty ready!

CAUTION: DO NOT PERFORM THE FOLLOWING STEPS UNTIL YOU HAVE READ THE ENTIRE INSTRUCTION BOOKLET.

Glove up and mix the blue putty with the white putty until there is one uniform color. You will repeat this step four times, twice for

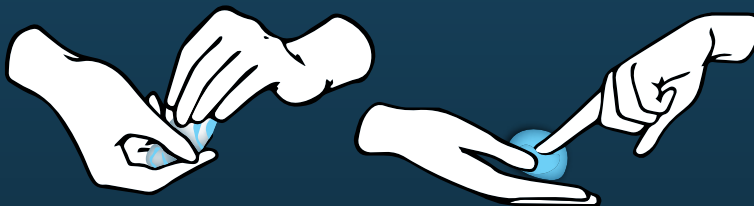
your upper teeth and twice for your lower teeth. **Remember to only do one impression at a time.**

1 REMOVE PUTTY



Remove the putty, one blue and one white container per impression.

2 MIX TOGETHER INTO ONE UNIFORM COLOR



30 SECONDS

Within 30 seconds, mix the putty together into one uniform color. Get rough with your putty and knead it vigorously until thoroughly mixed. Make sure there are no swirls or streaks. You must mix quickly before the impression material starts to harden.

That's it, you're all set. Let's go!

After mixing the impression putty, roll it into a 4-inch log, then gently place it into the impression tray.

Do not force it, make sure it fills the entire tray all the way to the back to capture all of your teeth correctly.

3 ROLL INTO A 4-INCH LOG



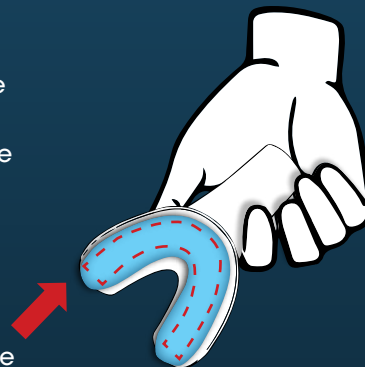
5 SECONDS

Roll the blended putty with both hands into a uniform 4-inch log as shown above.

4 PLACE IN TRAY

Quickly and carefully place the rolled putty into the impression tray making sure it fills the entire 'U-shape' all the way to the back. Do not force or smash it into place.

Fill all the way to the back of the entire 'U-shape' for best results. Proceed immediately to Step 5 without delay.



10 SECONDS

Let's make a great impression!

5 TAKE IMPRESSION

Open and relax your mouth. Place the tray with the impression putty in your mouth. Remember there is no need to remove your gloves.

Use your fingers and thumbs to press the tray in place up to your gums. Pull your lip over the tray and leave it in place for 2½ minutes. Do not shift or wiggle the tray as this will cause inconsistencies in your impression.

All of your teeth should be fully enveloped by the putty to capture the gumline. Avoid biting into the impression putty as this

may cause contact with the tray. Use your thumbs to gently hold the tray in place and ensure that it does not move while you make your impression.

6 REMOVE IMPRESSION

Carefully remove your impression tray by the handle after the timer goes off. You will need to repeat this step until you have all 4 impressions, 2 for your upper teeth and 2 for your lower teeth.

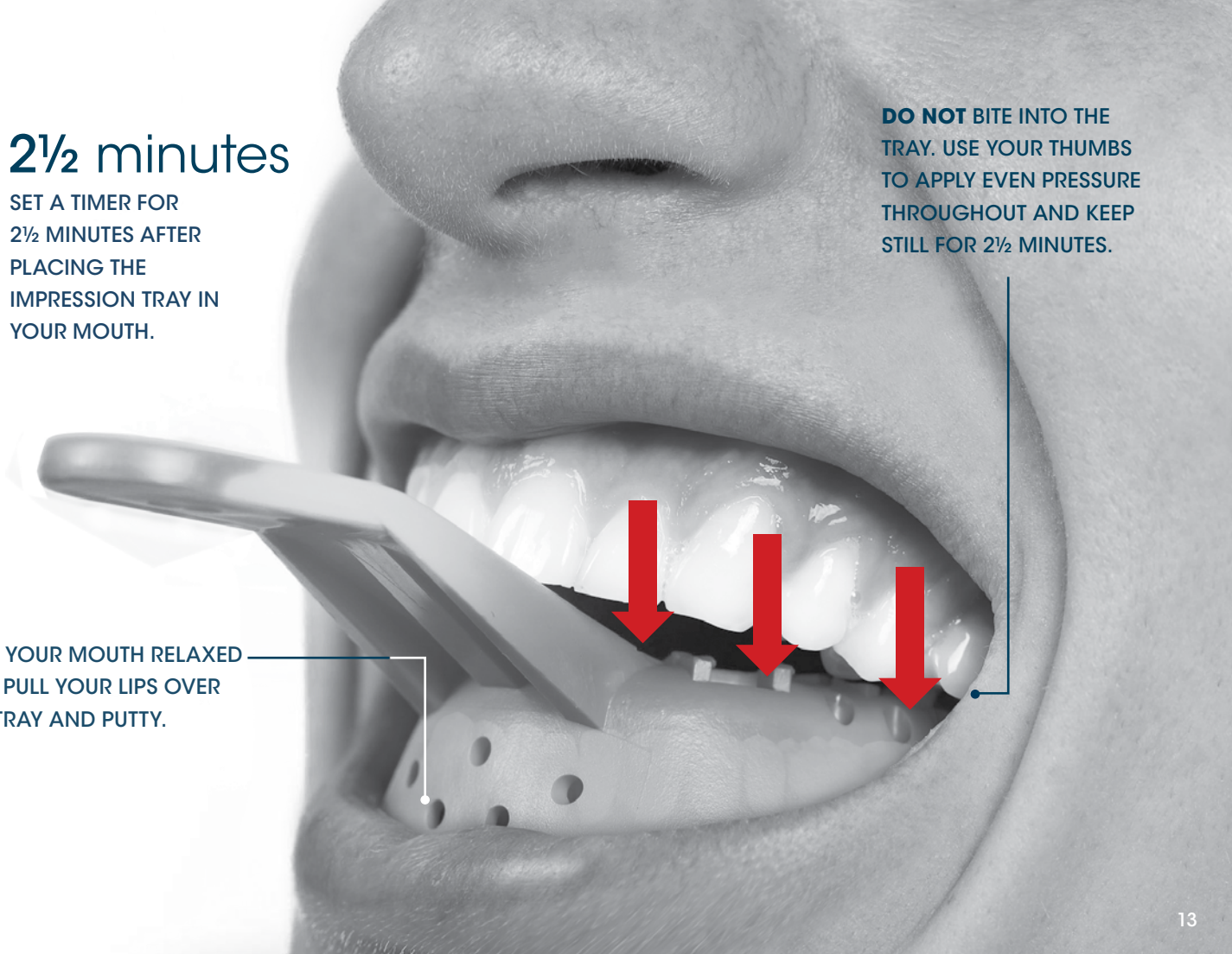


2½ minutes

SET A TIMER FOR
2½ MINUTES AFTER
PLACING THE
IMPRESSION TRAY IN
YOUR MOUTH.

DO NOT BITE INTO THE
TRAY. USE YOUR THUMBS
TO APPLY EVEN PRESSURE
THROUGHOUT AND KEEP
STILL FOR 2½ MINUTES.

KEEP YOUR MOUTH RELAXED
AND PULL YOUR LIPS OVER
THE TRAY AND PUTTY.



KEEP YOUR IMPRESSION KIT BOX FOR RETURN SHIPPING

Do not dispose of your impression kit box. It will be used with your return shipping label to mail your impressions back to us.



Bag 'em & Pack 'em

PACKAGING YOUR IMPRESSIONS & NAME CARD FOR RETURN SHIPPING

For added protection, place your impression trays in individual zip sealed bags. Put all four impression trays in your impression kit box along with your completed customer name card. Remember to include your name card in the box so we can link your impressions to your records at the doctor's office.

All boxed up

YOUR RETURN SHIPPING BOX SHOULD INCLUDE ALL OF THE FOLLOWING ITEMS:

- 1 Your two sets of impressions—4 total
 - 2 Impressions for your upper teeth
 - 2 Impressions for your lower teeth
- 2 Your completed name card

Attach your return label and seal the box with the provided sticker, then ship back to us.





We'll need your cheesy selfies

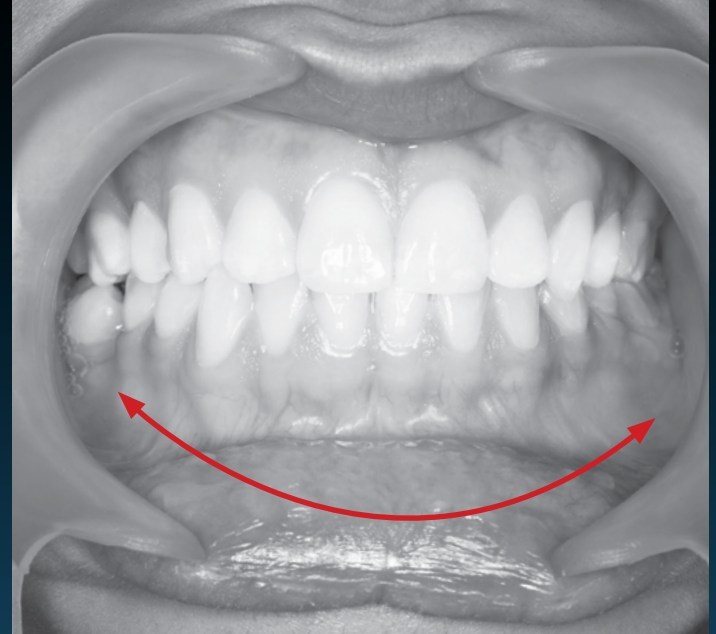
GRAB YOUR CHEEK RETRACTOR, FIND A WELL-LIT ROOM AND GET CAMERA READY

Your doctor will need 3 of your photos to help evaluate and create your custom treatment plan. Use the cheek retractor included in your kit to expose your complete smile. For best results, we recommend taking the photos in a well-lit environment. You can always ask a friend for help if needed.

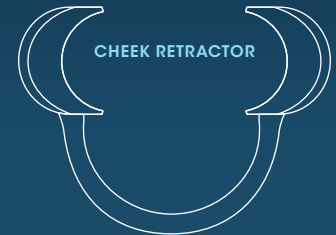
Useful photo tips:

IT'S ALL IN THE DETAILS

- Use the provided cheek retractor
- Avoid blurry photos, make sure to take up close, clear images
- Showing your gumline is very important
- Capture your entire smile including your back teeth in each shot
- Do not crop your images
- Make sure to use a well-lit room
- Remove your glasses
- Max email size per photo is 5mb



The provided cheek retractor is used to expose your complete smile without any obstruction.



Ready for that close up

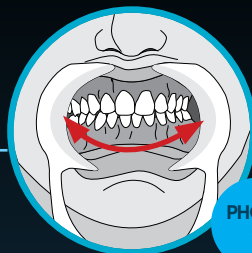
GETTING ALL THE RIGHT ANGLES

Make sure to wear your cheek retractor and keep your teeth closed in your natural bite. You will need to take a total of three clear close-up photos of your smile:

- 1 Front view of smile
- 2 Right side view
- 3 Left side view



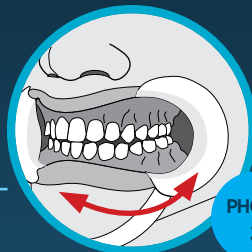
FRONT VIEW
(natural bite)



RIGHT VIEW
(teeth closed)



LEFT VIEW
(teeth closed)



Upload your photos

Once you have taken your photos, upload them to MySmile.ParkDentalAligners.com. Be sure to use the same name and mailing information you used on your customer name card provided in your Park Dental Impression Kit. That's it, you're all set.

Note: If your doctor has requested you send the impressions directly to their office, the proper shipping label will be in your kit.



**AROUND THE CLOCK
ONLINE SUPPORT**

Visit us online for additional help, including tips and tutorials. Please visit MySmile.ParkDentalAligners.com





What happens next?

Your doctor starts working on your smile using advanced 3D digital technology by Park Dental Aligners as soon as we receive your impressions and smile photos.

Once your case has been reviewed, your aligners will be fabricated and you'll be ready for the next phase of your treatment plan.

The makings of an amazing smile

2-3 DAYS



ORDER YOUR IMPRESSION KIT

Order your impression kit from your doctor.

1-2 WEEKS



MAKE IMPRESSIONS & UPLOAD PHOTOS

Make your impressions and ship them back to Park Dental Aligners. Upload your smile photos to **MySmile**. **ParkDentalAligners.com**. Your doctor will begin evaluation for a custom treatment plan.

1-2 WEEKS



CASE APPROVAL & ALIGNER ORDER

Your doctor will approve your smile plan and we will make your custom aligners.



YOUR ALIGNERS ARE ON THE WAY

Your doctor approve your smile plan and we will make your custom aligners. You are on your way to an amazing smile!

Frequently Asked Questions

What do I do with the other kit contents?

Keep them. All the contents in your impression kit belong to you.

What if my impressions are not good enough?

Not to worry, if your impressions are not ideal for designing your custom aligners, we will contact you regarding a 'Redo Kit'.

After mailing my impressions, how long until I receive my aligners?

Your doctor will provide you with a custom treatment plan that includes a delivery time.

When and how long do I wear my Park Dental Aligners?

Everyday. Wear your Park Dental Aligners daily as outlined by your doctor in your custom treatment plan. They may be removed for eating, drinking, brushing your teeth and cleaning.



NEED ADDITIONAL HELP?

Visit us online for additional help, including tips and tutorials at MySmile.ParkDentalAligners.com



*You are on your way to
an amazing smile!*



Your dentist loves you!