

Thank you for your retainer order!

It is our goal to safeguard your smile even when you cannot make it into your orthodontic office. Please keep in mind that a scan is the most accurate replica of your teeth. Use this impression kit as a way to maintain your smile until you can make it to your orthodontic office for a digital scan.

**Retainers For Life™** is committed to the utmost patient care. Please complete your impression as soon as possible and mail it back to us using the enclosed return label on the same day you have completed your impressions.

1. Open your box and separate the contents.
2. Read the other side of this form and complete your impression
3. Call Retainers for Life if you have any fit concerns or issues 210-267-2070
4. Seal the impression in the bag provided in the box
5. Fill out the patient information form
6. This box can now be mailed to us by affixing the return label to outside of the box and give to your local mailman

After we receive your impression and they are approved by our inhouse orthodontist, production of your clear retainer will begin. We will ship your new retainer directly to your home.

With much admiration, *Your retainers for life team!*

**PATIENT CONTACT DETAILS**

**What is the name of the person wearing this retainer:** \_\_\_\_\_

**Contact number:** \_\_\_\_\_

**Contact email:** \_\_\_\_\_

**Please return this form filled out with your completed impressions.**



# IMPRESSION INSTRUCTIONS

Carefully read through the instructions before starting.

For video instruction visit us online at <https://www.myretainersforlife.com/impressioninstructions.html>

*Important note: Please do not use latex gloves, simply wash and thoroughly dry your hands for the best results. Latex gloves or any latex residue will not allow the putty to set.*

## STEP 1



Try on the trays without the putty to get familiar with how to place it and what feels comfortable. Practice pulling your lip outside of the tray before impressing.\*

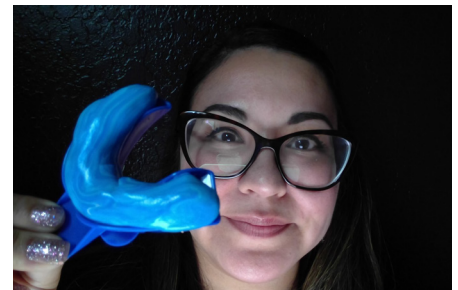
## STEP 2



Wash your hands thoroughly and dry, you will need to mix without gloves.

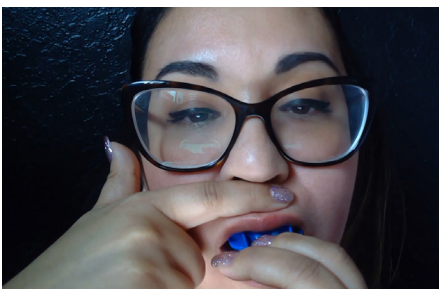
Mix one blue and one white putty until the color blends.

## STEP 3



Shape the mixture into a **U** shape and place lightly into the tray until its even. Do not worry about pressing into the tray as it will happen when your take the impression.

## STEP 4



Do Not Bite into the Tray. Place the tray in your mouth and hover while you line the handle to your nose and then press with your fingers until your teeth are fully covered. Press on your lips around the base of the tray.

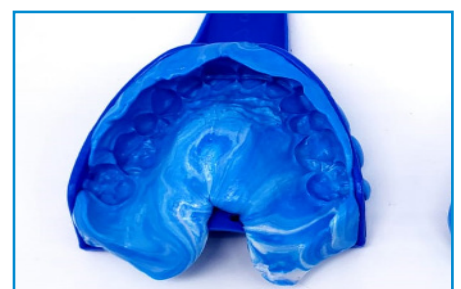
**Hold for 3 minutes\***

## STEP 6



Put your lips around the impression like a straw while blowing air to release the suction and remove the impression from your mouth.

## STEP 7



Check your impression.

- Gumline should be present
- No movement our double impression
- Did you capture the back molars?
- Is the impression deep enough?

Repeat if you do not see the above characteristics.

Remove the impression and place in the bag provided and seal. Mail along with this completed form using the return label provided to you. If you have any questions contact us through our website or by emailing us at [info@myretainersforlife.com](mailto:info@myretainersforlife.com). Once your impression is received your retainer will arrive at your doorstep within 7 business days.\*\*

\*Contact Retainers for Life if you have issues with the fit of your trays.

\*\*Retainers for Life is not responsible for third party delays such as USPS.