



DENTAL IMPRESSION KIT

Get started on your journey to a custom-fit Prevent iMG with the steps outlined in this guide.



DENTAL IMPRESSION KIT

Quick Start Guide Instructions

Please read all steps before starting.

Intended Use

This dental impression material is intended to obtain upper dental impressions for the fabrication of custom-fit mouthguards.

Important Safety Information

- Do not swallow impression material.
- Remove the tray immediately if you feel pain, breathing difficulty, or severe discomfort.
- Single use only.
- Not intended for children without adult supervision.
- Do not use if you have oral lesions or recent oral surgery
- Do not use if you have known allergies or sensitivities to dental impression materials or silicones. Discontinue use if irritation, swelling, or unusual discomfort occurs and seek medical attention.

What You'll Need

Before you begin:

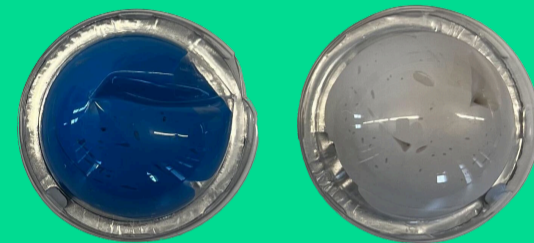
- A clean table or counter
- A mirror
- A timer or smartphone stopwatch
- A napkin or towel
- Optional: a butter knife or similar utensil (to make a guide notch)

From your kit:

- Upper impression trays (sizes M & L)
- Putty components
- Return zip bag and shipping material, mailer box.



Upper Impression Tray



Putty Components

Before You Start

Chill the putty:

Place sealed containers in the refrigerator for at least 1 hour before use.

Prepare your mouth:

- Brush teeth to remove food and plaque.
- Wash and dry your hands.

Choose the Correct Tray Size

Each kit includes 2 tray sizes. Select the tray that:

- ✓ Covers all teeth, including back molars
- ✓ Leaves ~3-4 mm space between teeth and tray walls
- ✓ Feels comfortable and does not trigger gag reflex
- ✓ Allows lips and cheeks to rest naturally over tray edges

Test fit (dry):

- Insert tray without putty.
- Align the handle with the center of your face and front teeth.
- Let your upper lip rest gently over the front edge.

Practice positioning before moving on to the next step.

Prepare the Impression Material

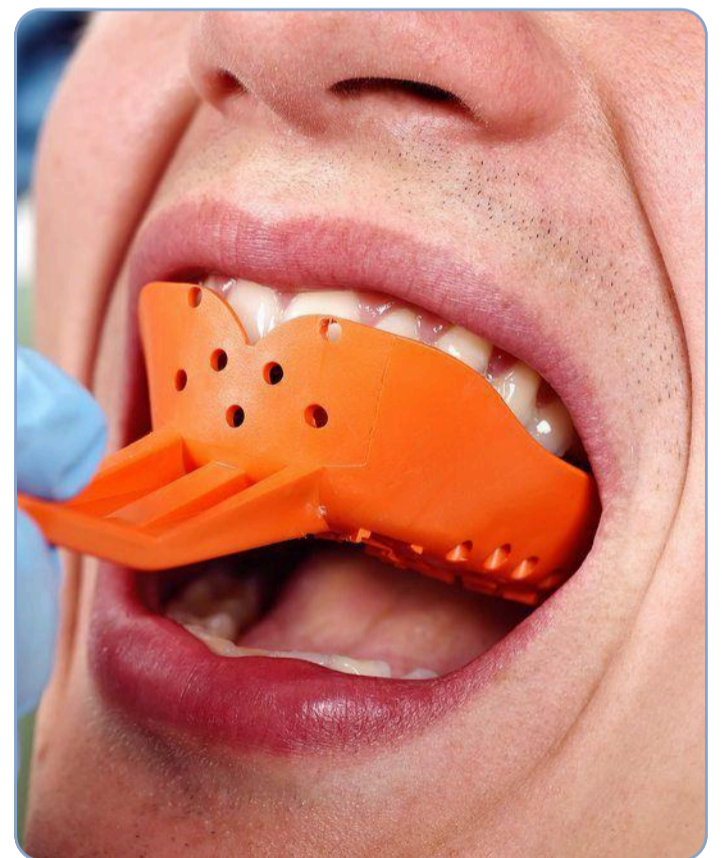
- 1 Remove chilled putty from containers.
- 2 Start your timer.
- 3 Quickly combine both putties, folding and kneading until the color is uniform with no streaks.
🕒 **Mixing time: 35-45 seconds**
- 4 Roll putty into a ~4 inch rope.
- 5 Press putty evenly into the tray, reaching both ends and covering the front.
- 6 (Optional) Use a utensil to notch where your front teeth will align.



Take the Impression (Upper)

💡 **TIP:** Remain still and breathe slowly through your nose to reduce gag reflex.

- 1 Open wide and use a mirror to align the tray with the center of your face and front teeth.
- 2 Press the tray straight upward with firm, even pressure.
- 3 Push until the tray cannot move higher and teeth contact the inner tray surface.
- 4 Bite gently in the center to stabilize the tray.
- 5 Hold steady for 4 minutes while the material sets.



Removing the Tray

A snug fit is normal — a light suction seal will form around your teeth.

- a. Using a finger, gently pull down at one **back corner** of the tray to break the seal.
- b. Repeat on the opposite back corner if needed.
- c. Once released, use the handle to remove the tray with a steady motion.

If it feels stuck, continue loosening the back edges — **do not yank straight down.**

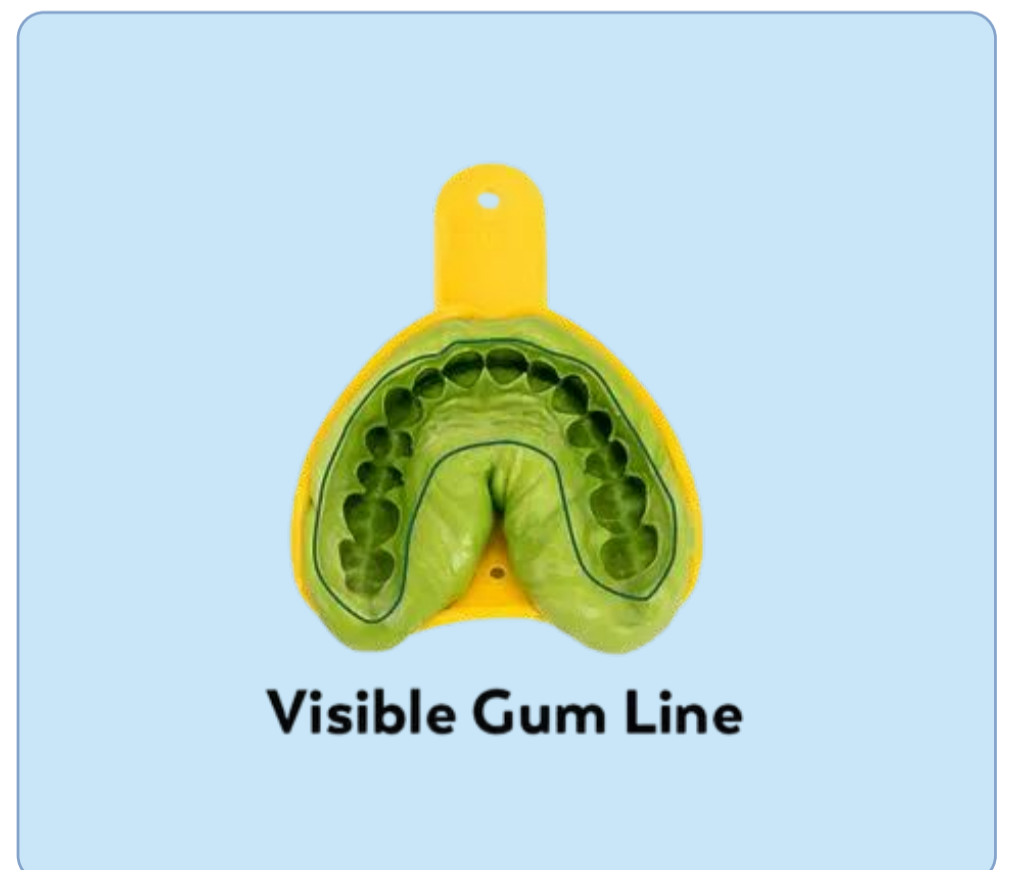
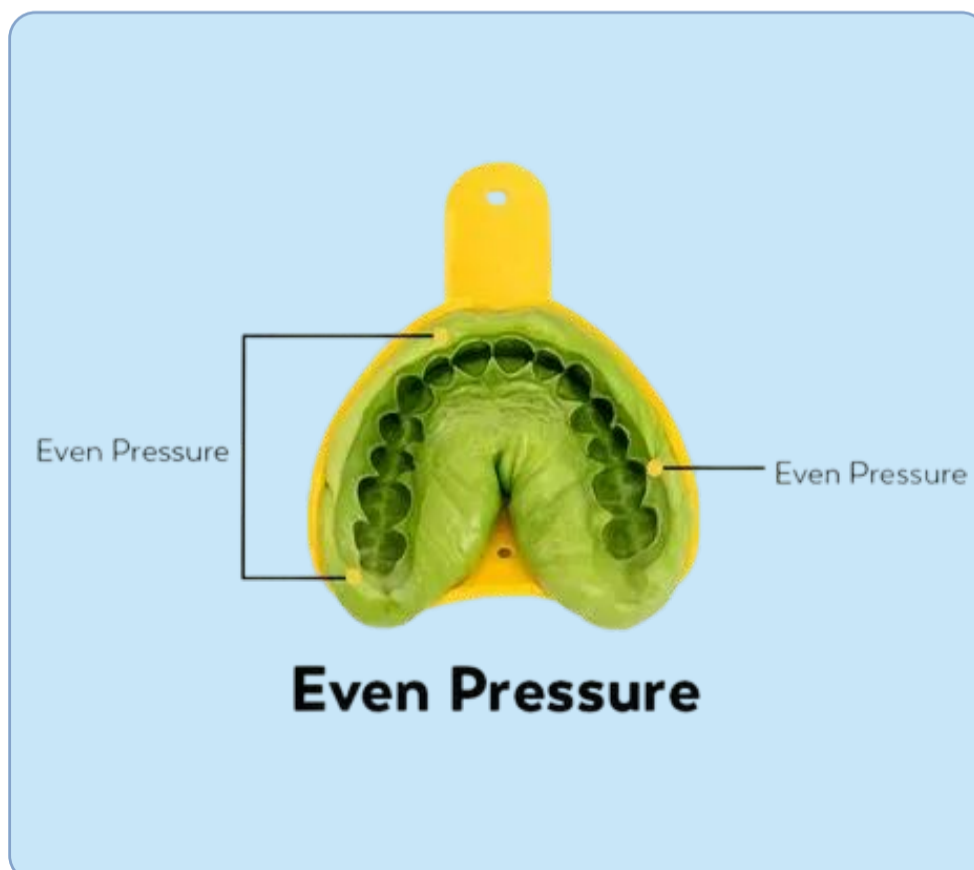
IMPRESSION QUALITY GUIDE

What a Good Impression Looks Like

- ✓ Gumline visible around the teeth
- ✓ All teeth captured, including back molars
- ✓ One clear imprint (no double impressions)
- ✓ Smooth surface and uniform color
- ✓ No large voids, tears, or distortions



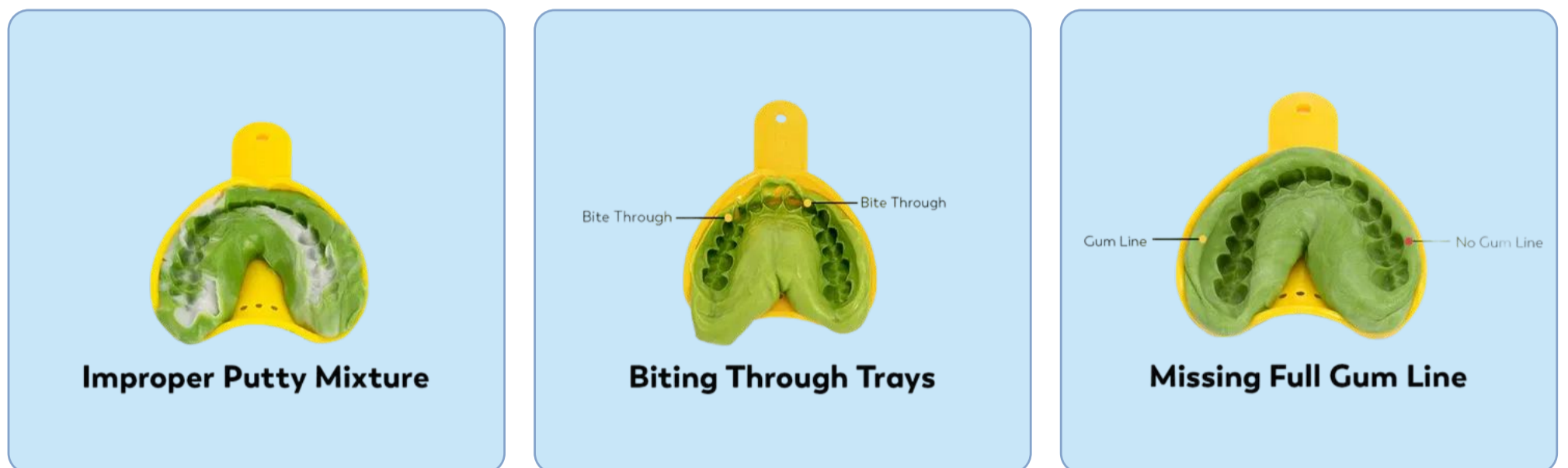
Good Impressions



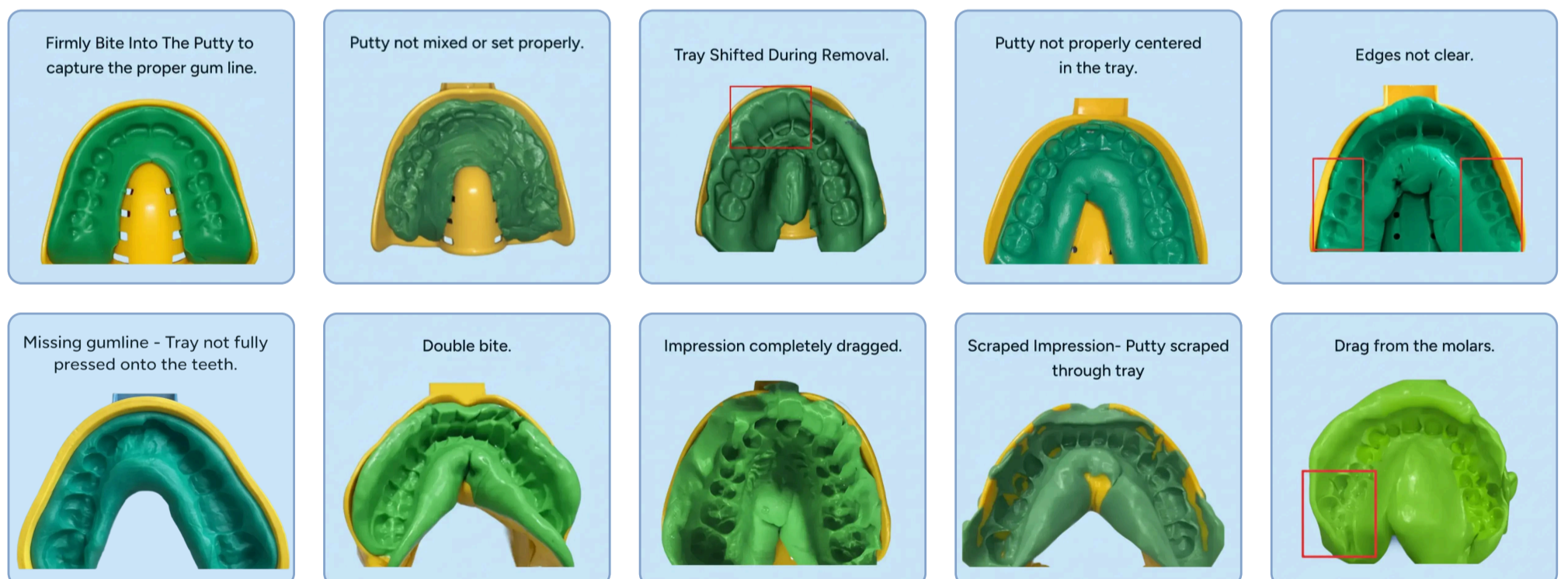
IMPRESSION QUALITY GUIDE

Bad Impressions

Before you start, here are some of our most common impression-making mistakes



Bad Impressions Examples



If the impression appears incomplete or damaged, take a photo and contact Prevent Support for guidance.

[Contact Support](#) →

After You Finish

- 1 Gently and lightly dry the impression (it does not need to be completely dry).
- 2 Check quality using the guide above.
- 3 Write your full name, team name, and date on the zip bag label.
- 4 Place the impression into the provided zip bag.
- 5 Return all items to the mailer box.
- 6 Attach the return label, seal and ship to **Prevent Biometrics**

Need Help?

If the tray does not fit, the material sets too quickly, or you are unsure about your impression, contact support before proceeding.

[Click to Submit a Support Ticket →](#)



For safety information, and regulatory details, please scan the QR code.

[Click for Safety Information, and Regulatory Details →](#)