

Creating a Custom Mouthguard

1. Your Dentist Will Fit a Tray in Your Mouth

The first step taken by your dentist is to be sure that the tray being used fits in your mouth. If it does not then the impression will not work.



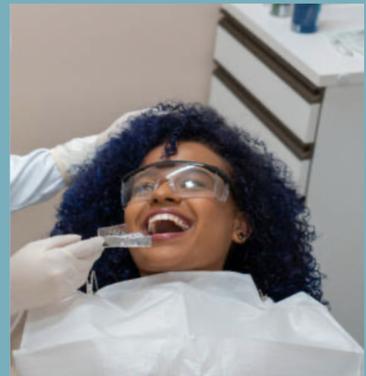
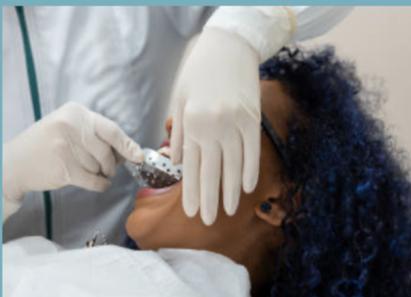
2. Mix Impression Materials

Measure and mix materials for impression. Once materials have been mixed, there is a one minute window that your dentist has to take the impression.



3. Lift Tray into Teeth, Do Not Bite

Do not bite into tray to create the impression. You want your impression to capture your teeth straight on, not at an angle. Lifting the tray onto teeth allows your dentist to perfectly fit the tray at a straight angle.



4. Your dentist will wait for impression to set

Once the tray with impression has been placed into teeth, it should not be moved because that would alter the impression. Patients must wait until the tray has hardened entirely. This usually takes between 5-8 minutes. Once removed patients will want to rinse any excess putty material off of their teeth and gums.



5. Your Dentist Will Send Impressions to a Dental Lab

After impressions have been taken, your dentist will send them off to a manufacturing facility where they will use your custom impressions to create a mouthguard or oral appliance. In most cases producing and shipping the appliances takes between 2 weeks to a month.

