

YOUR FIRST STEPS TOWARDS A HEALTHY SMILE

Instruction Manual for your Impression Kit



DESIGNS
IN
ORTHO

A Dental Lab Making Healthy Smiles

Athletic Guards and the American Dental Association

The American Dental Association says that “Mouth Guard use has been shown to reduce the risk of sports related dental injuries” and that a Custom mouth guard fabricated in a dental office or dental lab provides the best fit and efficacy, while being more expensive than store bought guard due to dental visits. **No dental visits to pay for with DIO!**

<https://www.ada.org/en/member-center/oral-health-topics/mouthguards>



A custom guard is especially important if you have braces as it stays put during impact and provides tooth and lip protection while allowing for changes in tooth alignment

From our Sporty to our Extreme Max, we have a Guard to cover you without the high cost and inconvenience of dental office visits. See our order form and color chart for options such as colors, decals and more. All of our Guards are made from FDA approved materials

SPORTY (starting at 45 dollars) 3mm

- For low impact sports. Sporty is flexible and durable.

SPORTY MAX (starting at 50 dollars)

4mm

- For moderate impact sports. Heavier than our Sporty model but still flexible and durable

EXTREME MAX (starting at 55 dollars) 4mm

4mm

- For high impact sports. This one is made from a specially fabricated material that has an extra layer of hard protection for the upper front teeth.

EXTREME X-TRA (starting at 60)

5mm

- Our toughest guard for high impact sports. This one provides the best protection in high impact sports and like our Extreme Max it is fabricated with extra protection for the upper front teeth.

Additional Sporty and Sporty Max Guard Options

Custom Color (up to 3 colors) (5)

Name and or Decal (5)

Helmet Strap (5)

WHITENING GUARDS

Our whitening guards are custom fitted to decrease the risk of whitening gel from coming into contact with your gum tissue. We can “Scallop” your tray at the gumline as an option if you have extra tissue sensitivity or periodontal disease.



Standard Gumline Trim



Scalloped Gumline Trim

Soft Whitening Guard (45)

1mm

- This soft and opaque tray is a custom fitted, thin device that is designed for comfort but may not be as durable.

Resilient Whitening Guard (55)

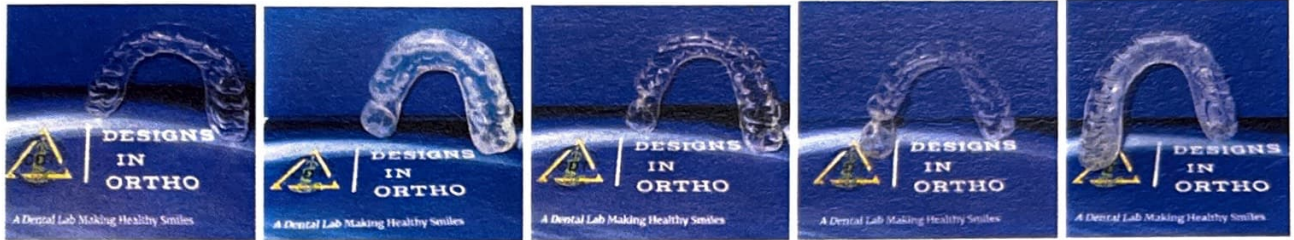
1.2 Dual layer

- Made with a soft lining inside for comfort and hard layer on the outside for strength and durability.
- The custom contoured fit and stability provided by the hard layer means less chance of gingival irritation from leaking solution.

Scalloped Trim (5)

NIGHT GUARDS

Our custom made Night Guards can help you with the grinding and clenching that can lead to headaches and “Locked Jaws”. Read the descriptions to find the one that works best for you.



Daywear

Soft Guard

Tough Guard

Hard Wearing

Dual Comfort

DAYWEAR (99)

1.5 mm hard/flexible

- For light grinding and clenching. Thin for daytime use.
- Comfortable but less durable.

SOFT GUARD (119)

3mm soft/flexible

- A good choice if you have sensitive teeth or extensive dental work.
- Not recommended unless you already know you cannot wear a harder one as it could result in unconscious chewing on your Guard.
- Very flexible and opaque but less durable.

TOUGH GUARD (129)

2.5 mm hard/flex

- Recommended for mild to moderate grinders and extreme clencher.
- Harder than our Soft Guard but still maintains some flexibility for comfort when clenching.

HARDWEARING GUARD (139)

3mm hard acrylic

- This Guard is for heavy grinding and mild to moderate clenching.
- Made of a hard material inside and out.
- Our most durable Night Guard.

DUAL COMFORT GUARD (149)

2.5mm soft/hard

- A dual layered material that is soft on the inside for comfort and hard on the outside for strength and durability.
- Ideal Guard for mild to moderate grinders and the right choice if you do not like an all hard guard.

EMAIL US AT: designsinortho@gmail.com or text/call us at 859.363.1419 and ask us about reduced prices for a second device if you order from this impression !

Comments: _____

Our impression material is flexible and under normal circumstances will not damage fillings or other dental work including braces

PREPARING FOR YOUR IMPRESSION

Included in your kit you will find impression trays, two sets of putty, an instruction brochure with descriptions of our Guards and an order form on the back. We have also included a pre-paid mailing label, baggies and bubble mailer to return your order in.



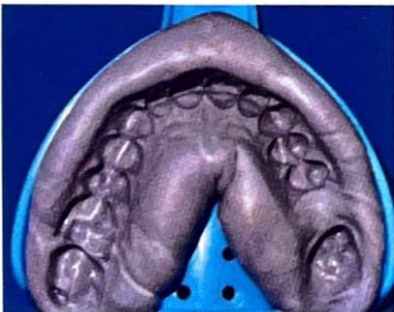
READ INSTRUCTIONS CAREFULLY AND VISUALIZE THE PROCESS BEFORE TAKING YOUR IMPRESSION

Before taking your impression floss and brush your teeth and wash your hands; You may want to use your favorite lip balm. Next gather your kit and supplies; You will need a mirror, timer and paper towels.

After you have read the instructions, lay out the kit you received from DIO and begin the important first step of trying in your tray in front of a mirror.

- Try in the largest tray first and use that one if it fits. The tray should not rub your teeth and should be seated until ALMOST touching the tray.
- The tray should extend to include the back teeth. .
- Indentation in the center of the tray should line up with the center of your dental arch.
- After seating, your tray should be parallel to the ground

EXAMPLE OF A GOOD IMPRESSION



TRAY LOADED WITH PUTTY SAUSAGE



TAKING YOUR IMPRESSIONS

You have cleaned your teeth, chosen your tray and filled out your order form on the back of this brochure. Following the instructions below do a “dry run” then use our putty and the same instructions below to take your impression. *Our impression material is flexible and under normal circumstances will not damage fillings or other dental work including braces*

STEP ONE: PREPARING PUTTY FOR TRAY

With dry fingers remove putty from both sets of containers and set aside, keeping the colors separate. Set your timer for 2 min and 30 seconds. Next, pick up your putty, start your timer and in a rapid motion knead all putty together for approximately 30 seconds until the two colors become one as shown above.

STEP TWO: LOADING TRAY

Roll putty into a sausage shape approx. 4 inches long and load the tray in the chosen tray as shown above.

STEP THREE: INSERTING TRAY

In front of a mirror insert the tray in your mouth at around 35- 40 seconds, lining up the center of the tray with the center of your dental arch.

STEP FOUR: SEATING TRAY

- Seat the back teeth first as it is important they are included, then roll the tray up seating the front teeth last. Then press back slightly toward your front teeth.
- Place both thumbs midway on the bottom of your tray and press up toward your teeth while applying equal pressure and keeping the tray parallel to the ground.
- Slide a finger under your lip and lift it outside of the tray to prevent obstruction and allow it to fully seat.
- Continue thumb pressure until seated far enough to include several mm of tissue above your gum line. (Your teeth should ALMOST touch the tray leaving a layer of putty between your teeth and the tray)

***Preparing, Loading, Inserting and Seating your tray should take approximately 45- 60 seconds*

*****Do not continue to apply pressure or move the tray after 60 seconds. This will result in an unusable impression***

STEP FIVE: WAITING FOR MATERIAL TO SET

After the tray is seated you may partially close your mouth but do not bite down. Now relax and breathe through your nose. Use a paper towel to catch your drool as you wait the remaining 1 min and 30 sec for the putty to set 😊

STEP SIX: REMOVING THE TRAY

At 2 min and 30 sec Remove the tray by slowly wiggling it from side to side, releasing suction as you pull the tray down and away from your teeth.

STEP SEVEN: PREPARING YOUR IMPRESSION FOR RETURN

Leave your impression in the tray and rinse thoroughly. Let it air dry before placing it in the baggie provided for it's return to our lab. Remember to include your Order Form and any extra materials in your return.

*****If you are unsure of the quality of your impression or have any other questions, please send us a photo and/or contact us via Email, phone or text (preferred) at designsinortho@gmail.com or 859.363.1419 . If your impression is unusable we can ship new putty.***

COLOR CHART



Year

Custom Color for Sporty and Sporty Max (Choose up to 3 colors)

EXTREME and EXTREME MAX ONLY COLORS

Xtreme Mouthguard

Pac Man design



School Decals *Include your own with your return or tell us your school mascot or name and we will find your school as the examples below.*

Simon Kenton
Pioneers

Beechwood
Tigers



**We will need to choose the location for your decal depending on the amount of space available*

Let's make sure you have everything in your return pkg!

- One impression per Guard rinsed, dried and placed in baggie
- Order Form with all applicable fields completed
- Place pre paid label on our bubbler, insert your bagged impression and order form and drop it in a USPS mailbox
- You will have your Guard 7-10 days after we receive your impression
- Contact us for a rush order
- We accept payment in a variety of methods when you place your order on our website designsinortho@yahoo.com

NEED SUPPLIES FOR YOUR GUARDS AND WHITENING TRAYS ?

Extra Putty (2 sets) 10
Whitening Gel 2, 5ml syringes) 12
Guard Cleaning solution (1 month supply) 10 packs
Guard Cleaning Container 3
Guard Case (request Sm or L)

Tooth Whitening LED Light (25)
Remineralization Gel 2, 3ml syringes (6)
Anti-Bacterial "On The Go" Spray (18)



***If you have a severe malalignment of your jaws, dentures or multiple missing teeth , please see your dentist for more options. As a licensed dental lab we will be happy to make your Guard from your own dentist's prescription**

ORDER FORM
Designs In Ortho

859.363.1419

designsinortho.com

designsinortho@gmail.com

13145 Green Rd, Walton KY 41094

Important !

Read instructions in our brochure for the correct way to make your own impression and see the description of our Guards, to help you decide which options are best for you. Then order your guard online and it will be on the way in no time! designsinortho@gmail.com / text or voicemail 859.363.1419

Custom Night Guard (Check and enter Qty)

Soft ___ Tough ___ Resilient ___

Daytime ___ Dual Comfort ___

Custom Athletic Mouthguard (Check and enter Qty)

Sporty ___ Sporty Max ___

Color # _____ (see Color Chart)

Custom Color #'s _____ (up to 3 colors)

Extreme Mouthguards (Check and enter Qty)

Extreme Max ___ Extreme X-tra ___

Color # _____ (see color chart for (Extreme Colors Only)

Additional Options: Relief for braces ___ Helmet strap ___ Name ___ Decal ___ (see color chart for decal info.)

Print desired Name or Nickname

Custom Whitening Guard (Check and enter Qty)

Soft ___ Resilient ___ Upper ___ Lower ___

Standard gumline ___ "Scalloped" gumline ___ (see brochure photo)

Comments: _____

Supplies: (Enter Quantity)

Guard Cleaning Solution _____

Guard Cleaning Container _____

Large Guard Case _____

Small Guard Case _____

Whitening Gel _____ (2, 5ml syringes)

Remineralization Gel _____ (2, 3ml syringes)

Tooth Whitening LED light _____

Extra Putty _____ (2 sets)

Anti-Bacterial Guard Spray _____

Customer Name _____

Shipping Street Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____