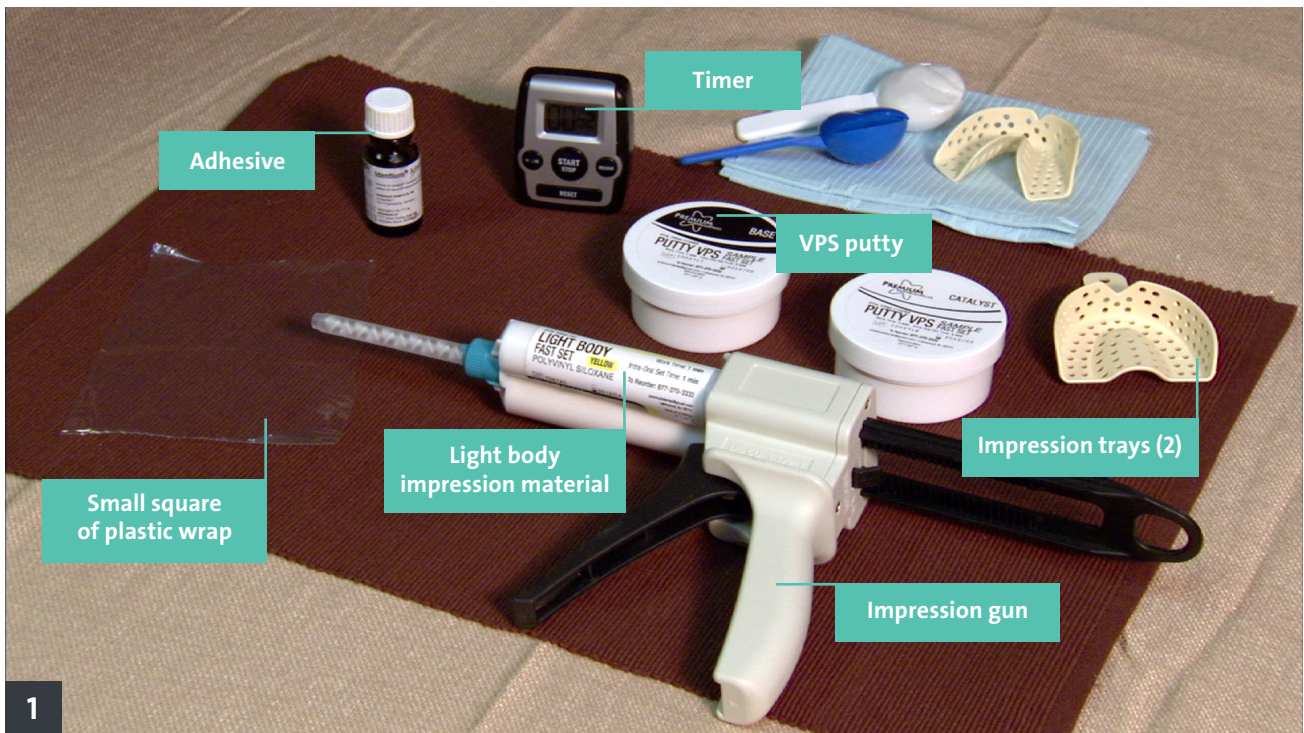


How to take two-step impressions

We need clear, well-defined impressions of both arches for every case. Accuracy is important, because we'll be using these impressions to create our 3D model and set up your treatment. We generally find the "one-step" technique easier to use, but you can get great results with this technique as well.

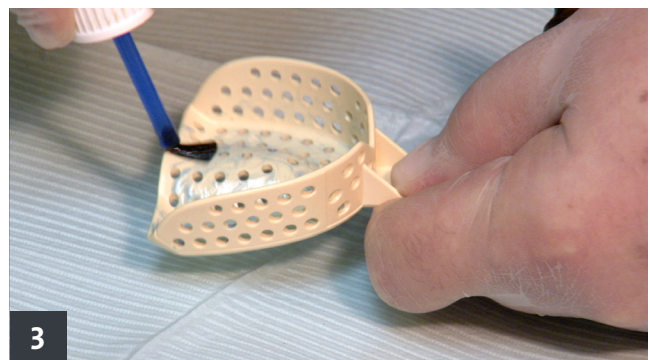


Make sure you have everything you need: Light body impression material, an impression gun, 2 impression trays, VPS putty, a small square of plastic wrap, some adhesive, and a timer.

Also, you may need scissors (not pictured) for cutting the end of the light body tip. Check the instructions for your putty & impression material to confirm your working and intra-oral set times.



Make sure that you have the right size trays for the patient's mouth. The tray should extend beyond the last tooth in the arch without touching the gums.



When you're sure you have the right size trays for your patient's mouth, apply adhesive to the trays. This will help prevent the impression material from becoming unseated from the tray upon removal from the mouth.

How to take two-step impressions



Next, you'll need to mix the VPS putty. Set your timer for the working time of your material, then knead the two putties together until you get a mixture that has no streaks in it.



When the putty is thoroughly mixed, roll the mixture up into a "sausage" and fit it into the tray.



Place the square sheet of plastic wrap over the tray and press into it gently to make a shallow channel in the putty.



Making sure the tongue and lips are out of the way, press the tray firmly into the teeth. Set your timer for the intra-oral set time of your putty. Wait for the putty to set, then take the tray out and remove the plastic wrap.



Express the light body impression material into the indentations in the tray—you don't need a lot.

Press the tray into the teeth, but not too hard—you don't want the teeth to push all the way through the impression material and touch the tray. Set your timer for the intra-oral set time of your light body material, and keep pressure on the tray until the



When you're checking your impression for quality, make sure that:

- All teeth are registered
- At least 5 mm of gum tissue is visible
- There are no voids or tears
- No teeth are hitting the tray