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Instructions and Tips



The instructions below are actually very simple. Feel free to visit instantsmileteeth.com to look at the simple fitting video before you try for yourself.

STEP 1

Select the Best Shade of Temporary Teeth

The Temporary Tooth kit comes with 3 strips of teeth, there are 3 shades total. Choose the shade that most closely matches your natural tooth shade. In front of a mirror, hold the row of teeth next to your real teeth and find the tooth that will best fill the space of your missing tooth.



Cut out the tooth that is the best size and shape

STEP 2

Cut Out Your New Tooth

Once you select the best tooth, cut the selected tooth with a pair of scissors. Once removed from the strip, you can file and trim the tooth to the desired shape and size to fit in the space of your missing tooth.



STEP 3

Heat the Fitting Material

Heat a cup of water until it is boiling, the water will need to be very hot. Take about 10-15 white fitting beads (approx one third of the bag) and drop them into the hot water. After about a minute, the beads should turn clear. Once the beads are clear, scoop them out of the water with a metal spoon.



*Note - Depending on the size of the gap you are trying to fill, you may want to use additional fitting beads to hold the tooth in securely. This is why there are additional beads included in the bag.

STEP 4

Apply the Fitting Material to the Tooth

Take the clear fitting beads and roll them into the shape of a ball. Apply the softened fitting material onto the back side of the plastic tooth (make sure the back of the tooth is dry). The beads should stick to the plastic. If they do not stick, you may need to heat the fitting material again. Try to keep the fitting material from getting on the front side of the tooth. Scrape any soft fitting material off the front of the tooth with your fingernail.



STEP 5

Fitting the Tooth

While the fitting material is still clear and soft, insert the tooth into the space of your missing tooth. Hold the tooth in the correct position. Once the tooth is in the correct position, gently squeeze on the tooth so that the fitting material is pressed **behind** your surrounding teeth. With your thumb, press the softened material up and around the back sides of your adjacent teeth until it stays in place on its own. (If you are new to the fitting process, it may take a few tries until you are comfortable with the fit.)



Press the fitting material behind your adjacent teeth

STEP 6

Let them Cool

Once the fitting material is spread behind your natural teeth and it feels like you have a secure fit, let the tooth cool in place. It should only take a few minutes to cool and harden while in your mouth. Once the material cools, the tooth should stay securely in place!

* If the tooth feels loose, pull it out and drop it back into a cup of boiling hot water. Remove it with a spoon and after the fitting material turns clear, refit following the steps above.

The fitting material can be reheated as many times as you want.

TIP

If you squeeze too hard, then the fitting material may come out the sides and front like shown on the right. You want to keep the fitting material behind the tooth so that it is not visible from the front.



Removing Your Temporary Tooth

The fitting plastic that holds the temporary tooth in place will start to become soft at approximately 115°. To heat up the fitting plastic so the temporary tooth can be removed, you will need boiling water and a hand towel.

Dip the corner of a washcloth into boiling water. Once it's not too hot to handle, pinch the heated portion of the towel around your temporary tooth and hold it there for about 30 seconds... Repeat this step several times until the fitting material softens and you can gently wiggle your temporary tooth out of place. During this process, you may also need to use your fingernail to help pry the fitting material away from the back of your natural teeth.

The removal process can take up to 15 minutes, but many times the tooth will become loose enough to remove after only a minute or two. The hotter the water, the quicker the fitting material will soften, and the

Dip the corner of a washcloth in boiling water



Pinch the heated portion of the towel around the temporary tooth