

## Tips to Taking Quality Impressions

### What Makes a Good Impression/Model

- Metal trays offer retention
- When choosing a vented tray, choose one with smaller holes.
- Choose a tray large enough to cover the last tooth, but not too large that material is needed to fill any voids.
- Remember, whatever impression material you have chosen, follow their instructions.
- Insert the tray into the patient's mouth and press onto the dentition. Make sure the patient's lips are out of the way.
- Trays must be centered anteriorly and posteriorly.
- Do not move tray once seated
- Again, follow the set time on the impression instructions.
- Hold the tray with one hand and with the other gently loosen around the upper and lower gums and slowly pull the tray straight down or up away from teeth.
- After removal, rinse with water and shake off water.
- Spray with a disinfectant and drain.
- If alginate impressions are used, try to pour up immediately or place in a sealable bag with a moist paper towel and pour up as soon as possible. (Never ship alginate impressions)
- Package in a secure box and ship to AOA laboratory.



**Example: Good**

### What Makes a Bad Impression/Model

- Improper sizing of trays (either too large or too small)
- Too much impression material or not enough
- Air bubbles
- Material that has pulled away from the tray
- Material that has been pinched or dragged
- Impressions material that has not set long enough
- Trays not seated properly both anteriorly and posteriorly
- Not following the instructions of the material being used



**Example: Bad**