

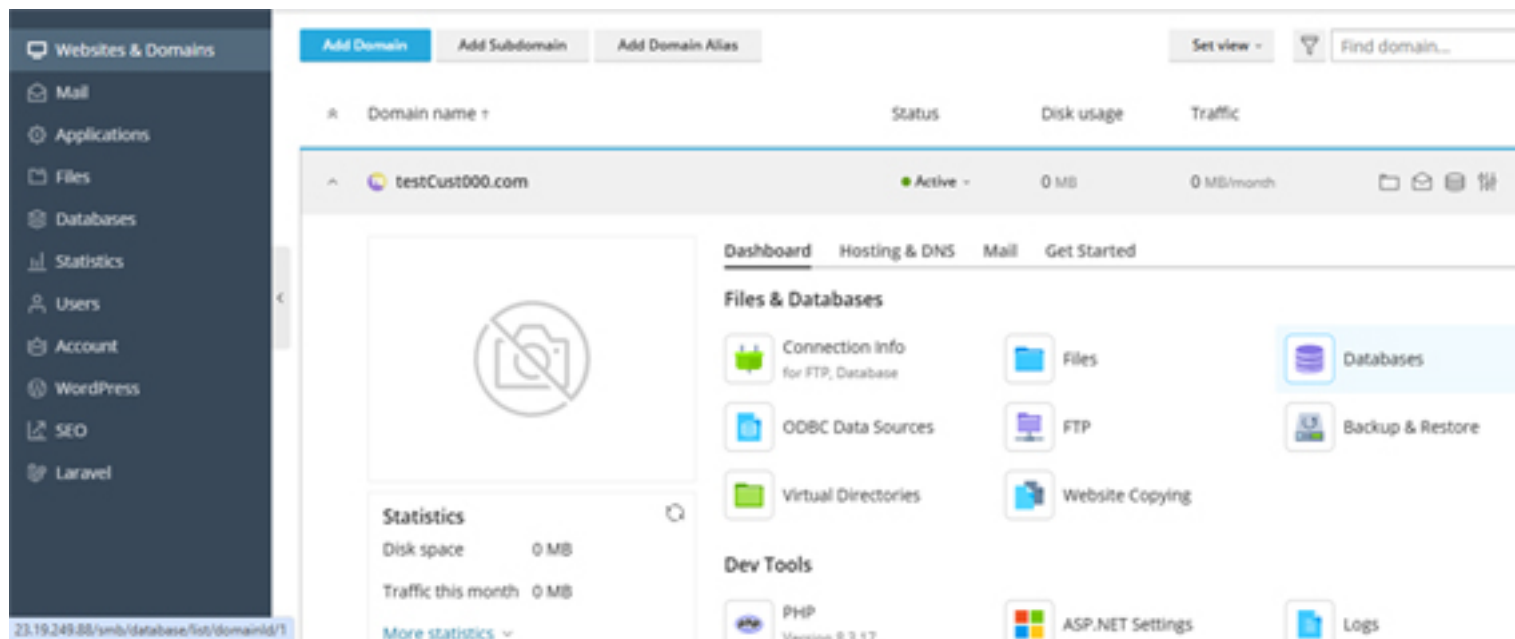
# How to Restore MSSQL Database by using "Import Dump"?

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In this article, we will demonstrate to you the steps to import/restore your database from your local PC to our Database Server by using the "Import Dump" menu on our Plesk Panel.

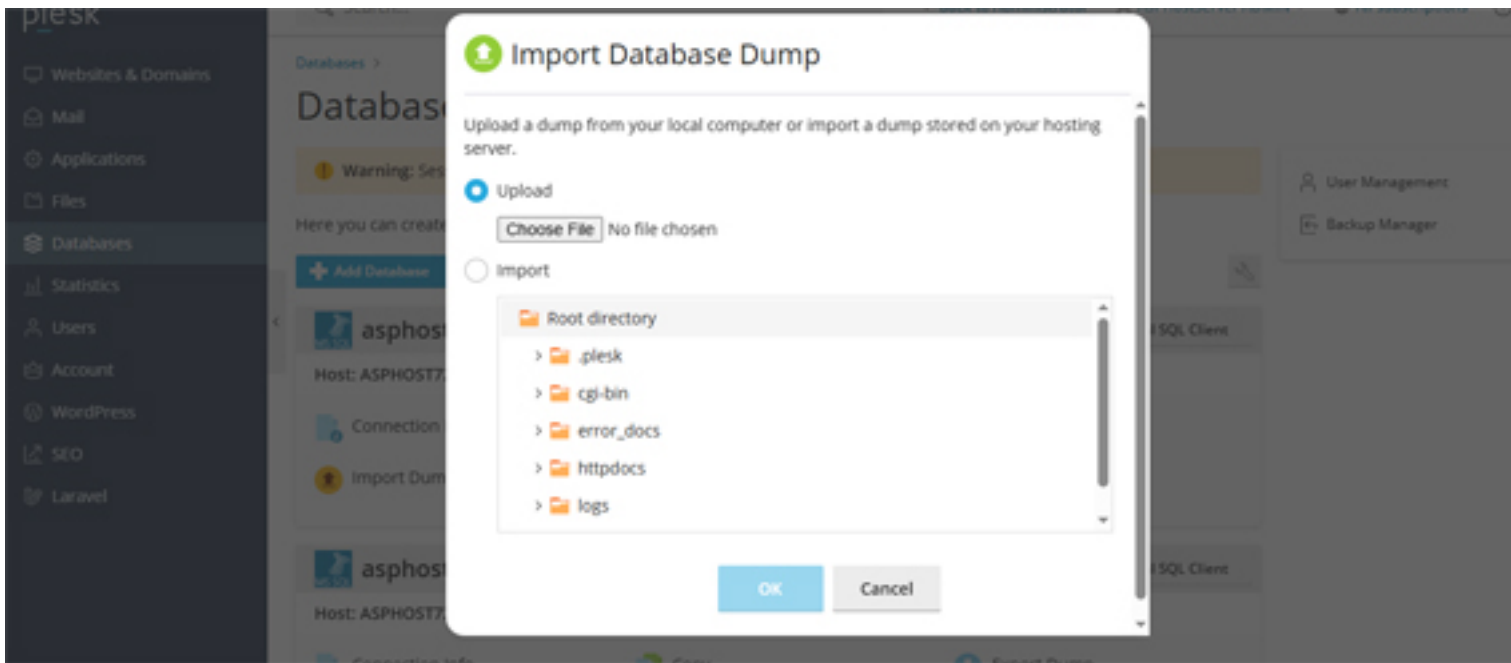
1. Please login to our PLESK Panel
2. Please navigate to the section "Files and Database" and please click on the "Database" menu



3. From your existing database, please select the database you want to export and please click on "Import Dump".

**IMPORTANT!** If you have a large/big database (where it's size is bigger than 500 MB), you are highly recommended to compressed/zipped your database first before attempting to import the database via our PLESK Panel. Basically, what you need to do is to make a FULL Backup of your local database in the .BAK file format. Next, please use any ZIP/Compression tool to zip/compress this .BAK file into a .zip file

If you do not compress the .BAK file format, most like, the restoration process will fail and this is caused by the fact that the Plesk session is timing out



4. Your database is restored. If there is any issue, please kindly raise a ticket via our [Help Desk System](#)