



Insta-Form™ Dental Trays

Instructions



1. Bring water to a boil either on a stovetop or in a microwave. The water should be 4 inches deep so that the entire tray can be immersed while keeping the tab above the water.



2. After the water has boiled, remove the container from the heat. The water should be hot, but not boiling (about the same temperature as a cup of coffee). Holding on to the tab, place the Insta-Form™ tray in the water, for about 8 seconds **(A)**. The material will soften and shrink. Lift the tray straight up, out of the water, without letting the tray fold over on itself. Allow excess water to run off.

3. Touch the tray to make sure it's not too hot for your mouth. Place the tray in your mouth and around your upper teeth **(B)**. Push your tongue on the back of the tray, and suck some of the air and water from the tray while pushing the front of the tray with your fingertips. This contours the tray to your teeth, giving you a custom fit for a better result.

4. Hold tray in place for 30 seconds, then remove the tray from your mouth. If the tray feels bulky or loose, the procedure may be repeated to reshape for a tighter fit. If you accidentally bite through the tray, you can reheat and reshape as well.



5. If you are satisfied with the fit, trim off the tab and other parts of the tray that are bulky or uncomfortable **(C)**.

6. Repeat for lower teeth.

7. Apply whitening gel as directed in the Instruction Guide.