



## Thermoformed Dental Trays

- “Boil & Bite” fitted dental trays
- 1.5 mm thickness
- Original time-tested design
- Contains 2 identical trays one for each arch

### INSTRUCTIONS

The dental trays you are about to fit will conform to the contours of your teeth and are almost unnoticeable when worn in place.

#### ① Contents

- Your kit includes 2 identical trays, one for each arch.

#### ② Pre-fitting Instructions

- Place the tray over the upper or lower teeth.
- Trim away any material which interferes with a comfortable fit.
- When the guard is placed in boiling water, some shrinkage will occur particularly in the overall length.

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### 3 Fitting Procedure Practice

- Without placing the tray in boiling water, practice performing the following procedure with the tray in place over the teeth:
  - A. Bite upper and lower teeth together forcefully - you won't bite through.
  - B. Press with the first three fingers of both hands against the front of the tray. This helps contour the tray to the front of your teeth.
  - C. With your tongue on the roof / floor of your mouth and touching the inside of the tray, suck all the air and water from the tray. This contours the guard to the inside surface of the teeth.

### 4 Boiling Water Softening

- Bring water to a boil on the stove, hot plate or in a microwave.
- The water should be 4" (10cm) deep so that the entire tray will be immersed, keeping the tab above the water.
- After the water has boiled, remove the container from the heat or microwave and let cool for 5 minutes.
- Place the tray in the hot, but not boiling water.
- **Soak the tray in water for only 4-5 seconds until the tray begins to lose its shape.**



### 5 Tray Fitting

- Lift the tray vertically from the water using the tab letting the water run off.
- Carefully and quickly place the tray around the teeth and immediately perform the procedures practiced in step 3.
- The tray will be warm but will not harm tissue in the mouth.

**CAUTION:** Once the tray is hot, it becomes extremely flexible. When placing it in the mouth, be careful not to fold the edges of the U-shaped tray onto itself.

- The tray can be re-heated for 2-3 seconds.

### 7 Finalization

- Once you are satisfied with the fit, trim the front tab away from the tray with scissors.
- Make sure it is flush with the front surface of the tray.
- The tray can be trimmed along the gingival margin (gum line) with scissors.
- Once complete place the tray in the tray-box for storage.

### 8 Second Tray

- Repeat steps 4-7 for the second arch.

**CAUTION:** Direct sunlight and excessive heat may destroy the dental tray. Always keep the trays at room temperature. Do not sleep when wearing the dental trays.