

**First remove the Tray from the seal plastic bag.**



*\*All of our trays come sealed to insure sanitary standards.*

**The longer portion is for the upper teeth.**



**Next bite down hard in the middle of the silicon with the longer portion pointed upwards.**



**Once you have bitten down all the way through the silicon, use your fingers to push the silicon around your teeth.**



**Now push your tongue forward against the tray to create room for the whitening gel within the tray.**



**Then use your fingers to pull the tray downward breaking the air seal to extract them from your mouth.**



**Now the silicon within the tray has an exact impression of your specific teeth structure and is ready for whitening gel to be added for an optimal teeth whitening treatment.**