

TRAY FABRICATION INSTRUCTIONS



STEP 1:

Pour impression with fast-set plaster or dental stone. Pour alginate shortly after making impression to ensure accuracy. Trimming is less work if quantity of stone is kept to a minimum. Palate and tongue areas are not poured or should be removed after plaster has set. Allow model to dry two hours.



STEP 2:

For reservoir spaces apply Ultradent™ LC Block-Out Resin (approximately 0.5 mm thick onto labial surfaces) 1.5 mm shy of the gingival margin. DO NOT extend onto incisal edges or occlusal surfaces. Using VALO™ curing light, cure each tooth 5 seconds. Wipe off oxygen inhibition layer.



STEP 3:

Use the vacuum former to heat Sof-Tray™ Classic tray material until it sags approximately 1/4 to 1/2 inch for the 0.035" sheets, and 1" for the 0.060" and 0.080" sheets. Adapt plastic over model. Cool and remove model from vacuum former.



STEP 4:

With tactile scissors (such as Ultra-Trim Scalloping Scissors), carefully and precisely trim tray to clear line which is at gingival height. Scallop edges to avoid contact with gingival tissue.



STEP 5:

Return tray to model; check tray extensions. Gently flame polish the edges one quadrant at a time, if necessary, with a butane torch. While still warm, immediately hold periphery of each segment firmly against model for three seconds with water-moistened gloved finger. If this over-thins the tray material, fabricate a new tray.



PATIENT INSTRUCTIONS



STEP 1:

Instruct the patient to brush their teeth prior to loading and inserting tray. Go over instructions that are provided in the whitening kit. Explain the process of loading the tray by expressing one continuous bead of gel approximately halfway up from the incisal edge on the facial side of the tray from molar to molar. This should use about 1/3 to 1/2 of a syringe.



STEP 2:

Place tray over teeth. Gently press tray to move gel into place. Pressing too firmly will force gel out of tray.



STEP 3:

If too much gel has been placed or gel has been forced from tray, gently wipe off with a toothbrush.



STEP 4:

Clean tray with toothbrush and water. Store tray in appliance case when not in use.