

Tray Fabrication Exercise and Demonstration

This bleaching presentation includes the fabrication of a bleaching tray. A well fitting tray is important to the bleaching process and the health of the patient. The intention of this exercise is to help you in fabricating a tray

The instructions for making a model and fabricating a tray follow:

Obtain correct size tray for the arch and place adhesive in tray

Place alginate in tray and on occlusal and buccal surfaces of teeth

Place tray intraorally and allow material to set

Remove tray, keep impression moist and pour within 30 minutes

Mix stone under vacuum

Vibrate stone into impression and allow stone to set

Trim away base of model to within 5mm from the cervical area of the teeth

Remove globs of stone, if there are any, from model

Place ½ mm thick light activated resin on facial surfaces of anterior and bicuspid teeth to within one mm of mesial, cervical and distal areas of each tooth and polymerize resin. Wipe off oxygen inhibited layer of resin.

Vacuum form tray material onto model (if platform vacuum former is used do not allow sheet to droop more than 1 cm below level of sheet holder before lowering it onto model)

Do gross reduction of excess tray

Lift tray off model carefully

Scallop tray to gingival tissue side of clear cervical rainbow outline apparent on tray

The instructions to patients for delivering the tray chairside follow:

Thoroughly brush teeth

Express a line of agent inside of tray from incisal to cervical on cheek side

Seat tray in mouth and express excess

Brush off excess

Rinse with water twice

Tell patient they would "Retire with tray in mouth"

Remove tray from patient's mouth and brush gel remaining out of tray. Demonstration over.