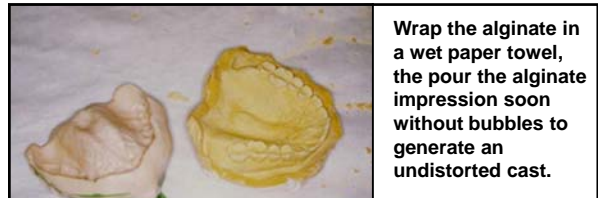
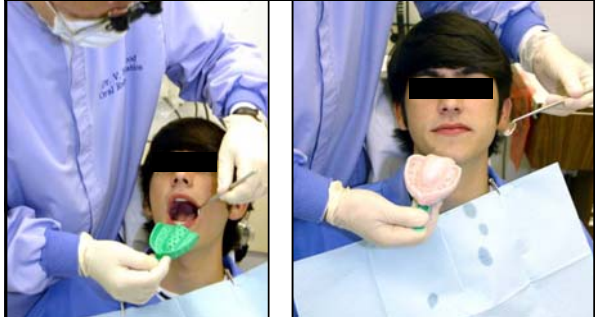


Bleaching Tray Fabrication: Traditional Van Haywood 2009

Tray fabrication begins with a good alginate impression; Wipe alginate on the occlusal surfaces and facial of the central incisors to avoid bubbles.



Wrap the alginate in a wet paper towel, the pour the alginate impression soon without bubbles to generate an undistorted cast.



PVS putty-wash as a one step technique makes a good impression that does not have to poured as quickly. Minimally wait one hour to pour.



To avoid damage to the teeth, trim the cast from the bottom rather than the side.



For adequate vacuum, there should be a hole in the center or horseshoe shape to the cast.



Align the cast in the model trimmer, and trim with a firm grasp but light pressure

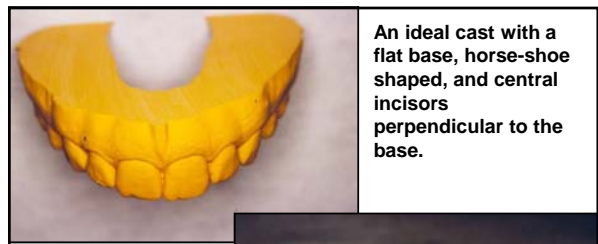


The cast should be rinsed periodically to avoid slurry build-up on the stone.



The cast is ideally in a horseshoe shape. Care must be taken not to break it.

The vestibule is removed to insure good adaptation and avoid bridging of the material during formation.



An ideal cast with a flat base, horse-shoe shaped, and central incisors perpendicular to the base.



The angle of the central incisors avoids folds in the vacuum formed material later.



A soft, thin tray material is needed, along with a vacuum former.

Place the material in the machine in the sandwich holder.



Close the sandwich holder tightly, and raise the material to the top of the bar where the heater is located.



Initially, the heater will take about 10 minutes to heat.



The cast is best adapted when dry and in the center.



Slowly close the material to the vacuum deck. Turn on machine if not automatic.



The material should sag 1 inch, and be smooth and clear.

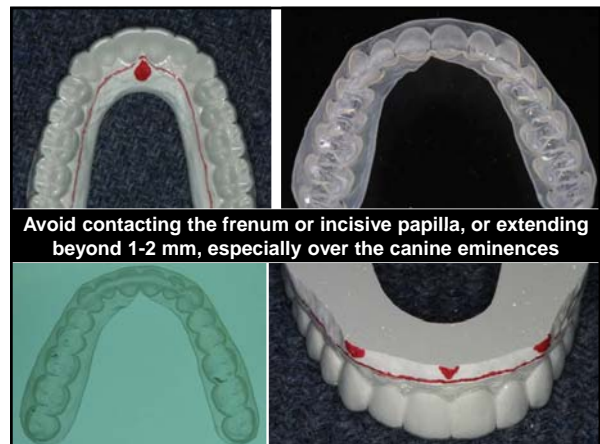
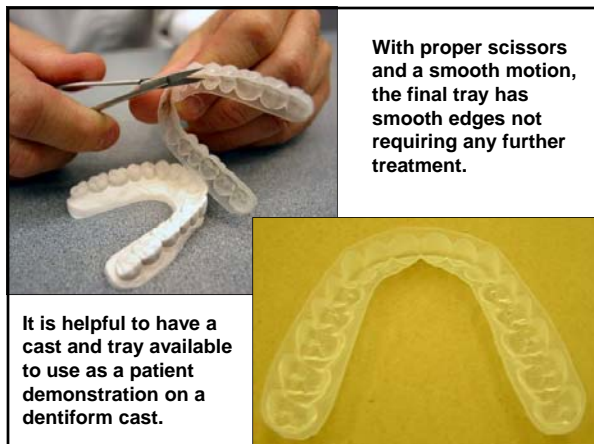
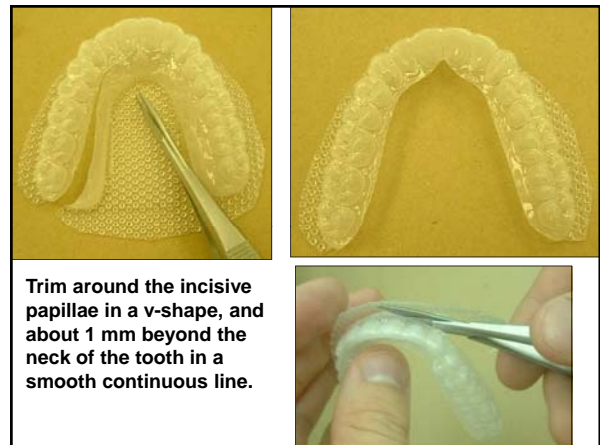
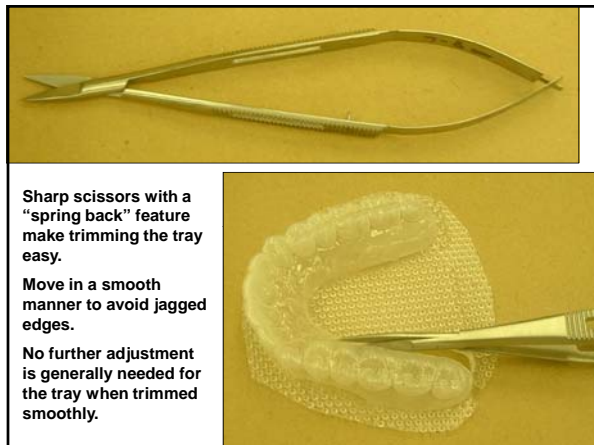
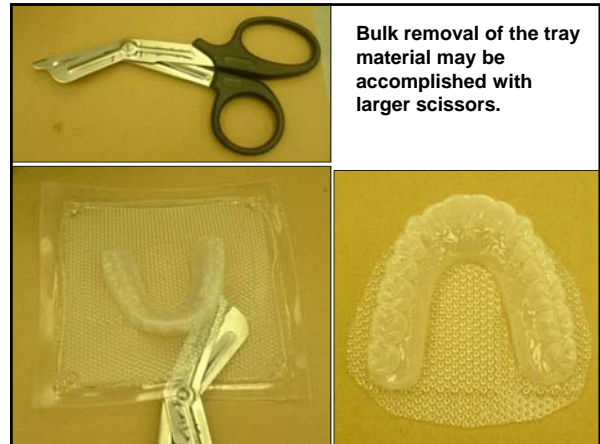
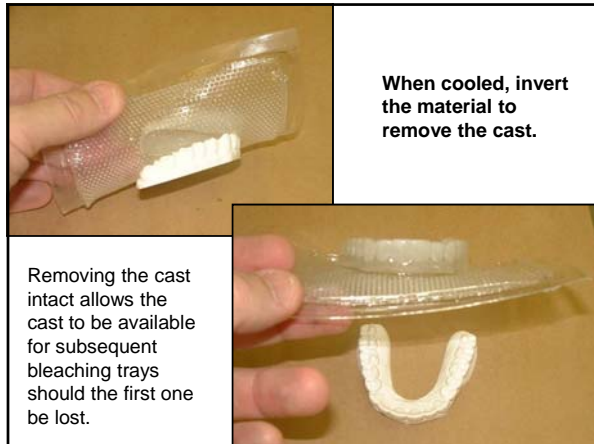


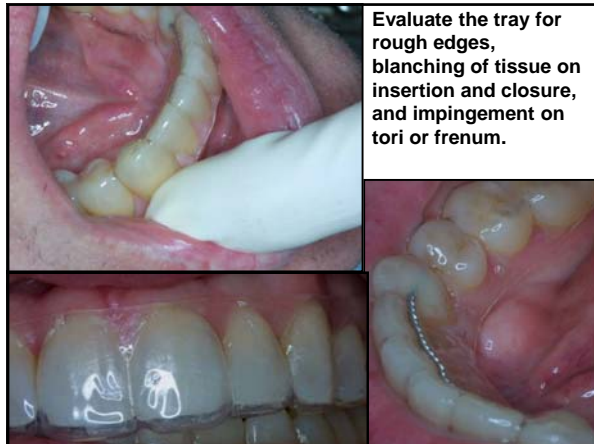
Remove by grasping a corner and peeling the material from the machine.

After about a minute of vacuum suction, the machine is turned off. Wait for the sheet to cool somewhat before removal



A well-adapted tray should be evident. Let bench cool completely prior to removal. If removal is needed immediately, cool under running water to avoid distortion of the cast.





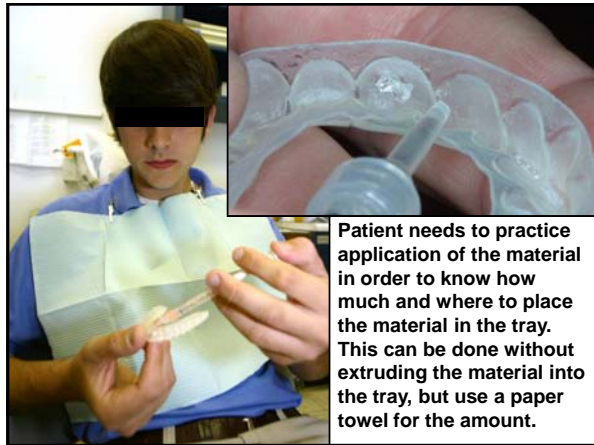
Evaluate the tray for rough edges, blanching of tissue on insertion and closure, and impingement on tori or frenum.



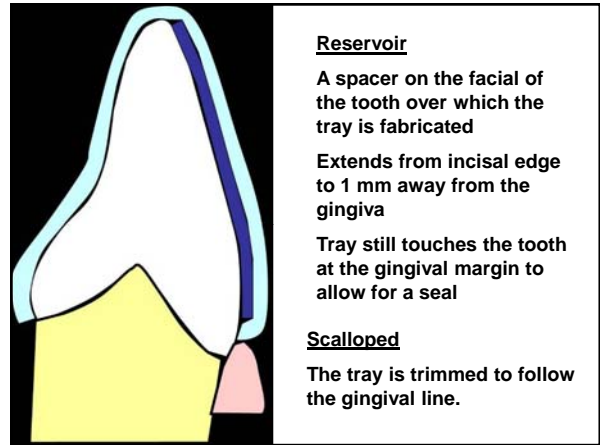
The carrying cast should fit the tray.

Removal from the mouth is accomplished by grabbing the tray on one side and "peeling" it out of the mouth.

The tray should be rinsed under cool water, and stored dry in a cool area, away from pets.



Patient needs to practice application of the material in order to know how much and where to place the material in the tray. This can be done without extruding the material into the tray, but use a paper towel for the amount.



Reservoir

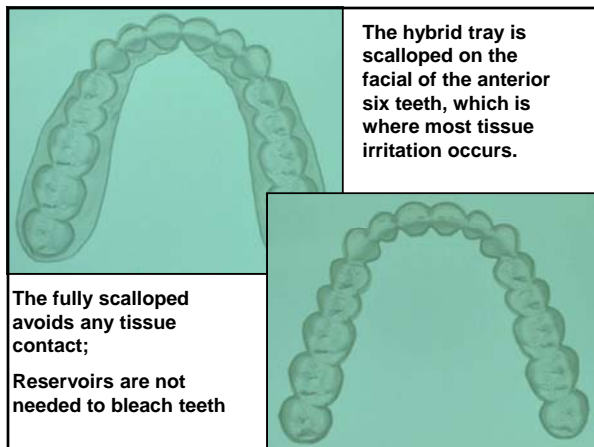
A spacer on the facial of the tooth over which the tray is fabricated

Extends from incisal edge to 1 mm away from the gingiva

Tray still touches the tooth at the gingival margin to allow for a seal

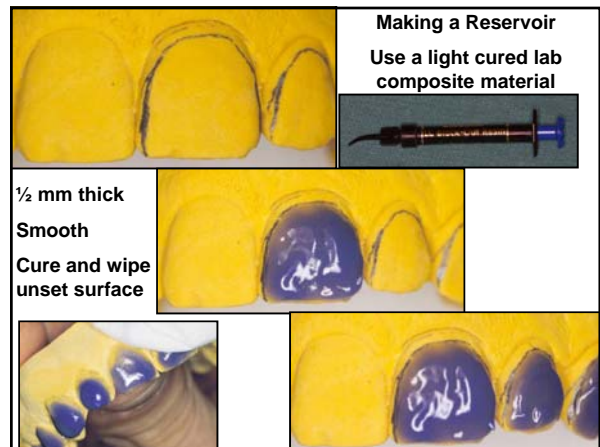
Scalloped

The tray is trimmed to follow the gingival line.



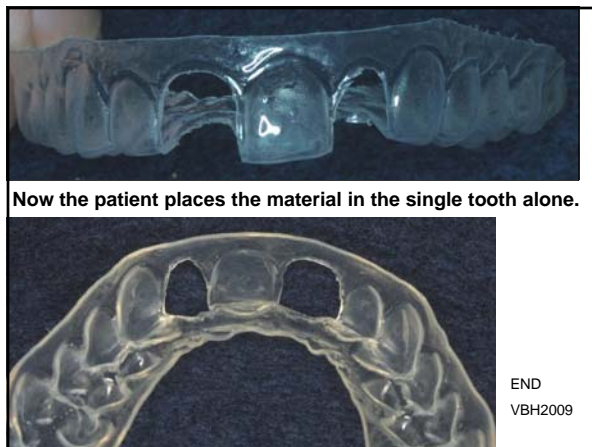
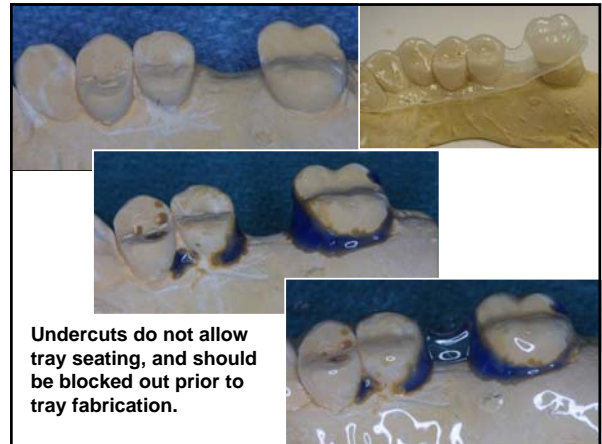
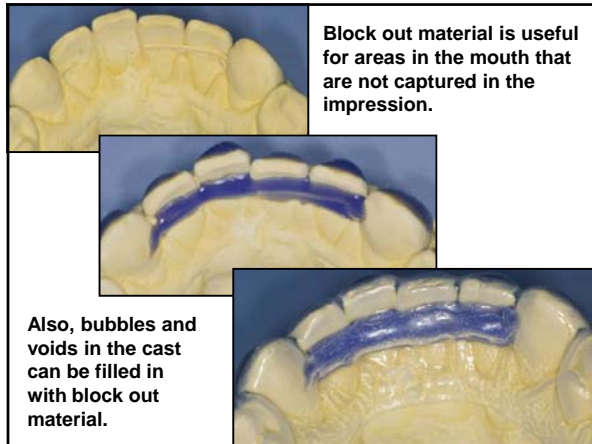
The hybrid tray is scalloped on the facial of the anterior six teeth, which is where most tissue irritation occurs.

The fully scalloped avoids any tissue contact; Reservoirs are not needed to bleach teeth



Making a Reservoir
Use a light cured lab composite material

½ mm thick
Smooth
Cure and wipe unset surface



- ### Summary of Tray Options
- Traditional custom tray
 - Non-scalloped, no reservoir
 - Scalloped, Reservoir
 - Hybrid (anterior scalloped only)
 - TMD
 - Single Tooth
 - Thermoplastic Single Tray
 - Bleaching or Mouthguard
 - Caries Control or Sensitivity
 - Orthodontics
 - Thermoplastic Dual Tray
 - Bleaching or Diagnostic Bruxism
 - Disposable Pre-loaded Tray