



Bleaching/Fluoride Tray Fabrication Technique

Safety glasses should be worn for all lab procedures as well as gloves when handling acrylics. Items featured in this technique are found on the last page.



- 1 A model relief material is placed on the crown surface of the model. This will create a reservoir in the tray to carry the bleaching or fluoride agents.



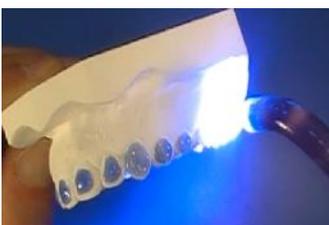
- 2 The light cure model blockout material is stored in a pen-like syringe cartridge. A dispensing needle tip is attached to the open end of the syringe cartridge. Screw it in place tightly.



- 3 Dispense a thin, ½ mm layer of gel to the facial crown surface. Do not extend gel into the interproximal area as well as the gingival tissue margins. If desired, block out gel may be placed on lingual crown surfaces.



- 4 When finished applying gel, cover needle end with special cap. This will prevent room lighting from slowly curing gel remaining in needle tip.



- 5 Cure block out gel with a hand held visible light cure unit. Apply light over area for 20 seconds. A single area may include 2 – 3 teeth.



- 6 Liquid separator is applied with a brush to all model surfaces that will come in contact with the forming material.



- 7 Place the platform on the inner lip of the pellet cup. Then place the flat base of the model on the center of the platform with the heel facing the open chamber to the left.



- 8 A 1mm thick clear mouthguard material may be used. Clamp it to the chamber.



- 9 Enter the material's heating time or code into the machine.



- 10 Swing the heater over the clamped material on the chamber to start the heating cycle.



- 11 Once the heating cycle has ended, remove the heating source. Swing the chamber over the model and lock the chamber to initiate the forming process. Allow formed material to cool under pressure for 2-3 minutes.



- 12 When the cooling cycle is complete, release the pressure from the chamber. Unlock the chamber and clamped material.



13 Swing the chamber open and remove the formed material from the platform.



14 Cut out the soft material formed over the model with a hot lab knife. With the torch, heat the knife and cut 2-3mm below the gingival margins and to the distal end of the last tooth along each side of the arch.



15 Peel away excess plastic formed around base of the model and middle of the palate.



16 Carefully remove plastic tray from over teeth.



17 For final trim, cut tray borders $\frac{1}{2}$ mm below gingival margins using #55 plate shears. Also cut distal ends to last tooth on each side of the arch.



18 A miniature satin buff or coarse Dymo wheel is used with a lab handpiece to smooth trimmed edges.



Finished tray on model.

Items featured in technique:

- 235-010 Astro Spec Safety Glasses (reg./blue)
- 235-062 N-Dex Non-latex Gloves (Med)
- 006-014 Blue-Blokker Light Cure Material
- 190-120 Bluephase Curing Lights (190-110, 190-130)
- 175-034 Separator
- 075-007 Separator Brushes
- 021-030 1mm Clear Mouthguard Material
- 030-022 .8mm Hardcast Material
- 080-006 Micro Torch
- 080-009 Gas Refill
- 170-005 Lab Knife
- 220-023 #55 Plate Shears
- 086-043 Dimo-Wheel
- 150-025 Lab Handpiece



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