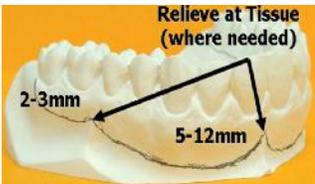




Mouthguard Trimming & Finishing

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 Cut the mouthguard to its proper shape using #55 plate shears or a hot lab knife. The facial border should extend into the sulcus, reducing it to 3-5mm below the gingival margin around the first or second permanent molars. Reduce the material along the lingual (palatal) area to maintain a 1mm depth below the gingival margin.



- 2 A variety of trimming mandrels can be used on a dental lathe with a quick chuck system. A splash pan with adequate suction is recommended for all trimming procedures.



- 3 With an acrylic grinding stone on a high-speed dental lathe, detail the trimmed mouthguard borders to the references outlined in Step 1. Relieve facial soft tissue areas where muscle attachments are present.



- 4 Smooth all trimmed areas with a chamois buff or a high strength Roloc disc on high speed.



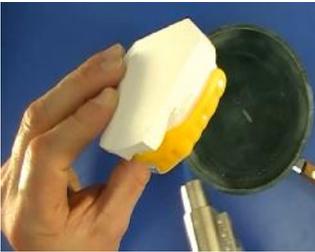
- 5 If a lathe is not available, a handpiece may be used to trim the mouthguard.



- 6 A carbide taper bur is used to trim the palatal and facial areas following the same protocol that was used during the lathe trimming procedure (outlined in Step 14)



- 7 A Dimo Wheel or a 1" chamois or satin buff is used to smooth trimmed surfaces. Use a medium speed on the lab handpiece with the finishing wheels.



- 8 The shine is recaptured by lightly flaming the surface of the dull material with a butane-soldering torch. Place the mouthguard on the model and re-shine the material by using the blue tip of the flame. Keep the flame setting low. Overheating will distort appliance.



- 9 After one or two applications with the butane torch, cool the mouthguard on the model in water. Repeat this process as necessary.



- 10 Finished mouthguard

Items featured in technique:

235-010	Astro Spec Safety Glasses (reg./blue)
235-062	N-Dex Non-latex Gloves (Med)
180-002	Lathe with Quick Chuck
105-060	Handler Portavac
105-061	Handler Portavac Replacement Filters
086-019	Grinding Wheel
180-013	Lathe Mandrel for Stone
180-003	Stone Truer
086-001	Chamois Buff
180-016	Threaded Lathe Mandrel
150-025	Lab Handpiece
145-008	Air Handpiece
085-009	Carbide Taper Bur
086-037	Miniature Satin Buff
086-043	Dimo-Wheel
220-023	No. 55 Plate Shears
080-006	Micro Torch
080-009	Gas Refill



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