

# Tray Forming Instructions

## INTRODUCTION:

The Nu Radiance<sup>®</sup> Teeth Whitening system is a state-of-the-art bleaching system, with vast improvements with relation to length of treatment, taste, simplicity and ease of tray construction. Please read the patient instructions prior to giving kit to patient.

The controlled release bleaching gel is a high tack, high viscosity, carbamide peroxide bleaching gel whose oxygenating rate is greatly increased because of its unique proprietary base, significantly reducing patient treatment time.

Note: The severity of staining, density of tooth structure and patient compliance are all factors in obtaining the desired whitening. Some patients may experience whitening results very quickly, but should continue using the remainder of the bleaching gel in the kit since the color of the enamel may show some regression after such short exposure. The increased time will allow the whiteness to stabilize. Touch-ups can be monitored through regular dental checkups on a six-month interval.

Step 1 - Prior to bleaching be certain gingival tissue is healthy and there are no areas of caries. Bleaching is best if there is minimal calculus and superficial stains, so a thorough cleaning prior to initiating the bleaching campaign is recommended. When bleaching prior to resin-bonded restorations, allow sufficient time (about 2 weeks) between the final bleaching session and initiating the resin bonding.

Step 2 - After the impression has been taken, pour model with fast set plaster or dental stone. If using alginate pouring shortly after impression is advisable. Make sure model is free of bubbles to assure a proper fitting bleaching tray. Trim model so that the base is exposed and excess stone around the model periphery is removed beyond 5mm. This will make trimming the tray easier.

Step 3 - Melt plastic tray material in vacuum former until the material is uniform and sagging down about 1/2" - 1". Bring plastic down over model and then turn on the vacuum switch. This will maintain the desired uniform thickness. Allow plastic sufficient time to cool before handling.

Step 4 - Trim away plastic around model periphery. A non-serrated curved crown and bridge scissors works best for final model trimming. Trim the tray tight to labial and lingual margins, with no more than 1mm tray extension tissue. (Scalloping tray over inter-dental papilla may be necessary for patients who are prone to tissue sensitivity or who develop soreness on gums due to the bleaching agent.)

Step 5 - Deliver the tray to the patient and carefully explain how to put the gel into the tray and how to insert the tray into the mouth. It is a very easy procedure for the patients to follow and thus patient compliance is high. It is also advisable to go over the Patient Instructions with the patient.