

Bleaching Tray



A common style of bleaching tray is similar in construction to an athletic mouthguard. Die relief is placed on the labial surface of the teeth as specified on the prescription, usually 5-5. This allows for a space between the tooth surface and the appliance for holding the bleaching agent during wear.

A common style of bleaching tray is similar in construction to an athletic mouthguard. Initial indications are that a foam lined tray is more effective than a simple niteguard, tray, splint, or mouthguard. The Foam holds more of the active material next to the tooth's surface thus decreasing bleaching time by 20% to 30%.

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