

# Delivering a dreamTAP ThermAcryl

Written By: Patrick Tessier



---

## INTRODUCTION

The following instructions only pertain to the ThermAcryl© - lined dreamTAP© trays.

### Note:

As the patient adapts to the dreamTAP©, he/she should be able to sleep with it through the night. This typically takes a week.

---

### TOOLS:

- [Hot Pot](#) (1)
-

## Step 1 — Preparation



- Before you fit the patient with the dreamTAP©, inspect it to make sure the pieces are not damaged and free from any physical or cosmetic defects. If there is the slightest indication that the device may be damaged or defective, do not fit it. Also, clean the dreamTAP© by gently scrubbing it with antibacterial soap and rinsing it thoroughly.
  - Prepare hot water. You will need water at about 160 degree F. Use a hot pot or other.
  - Place the Lower Tray of the dreamTAP© in a water bath that is heated to 160 degrees F until the ThermAcryl© lining softens (turns clear).
- ⚠** Do not leave the trays in the water bath too long. The hard plastic shell may warp! The trays should be removed from the water bath and fitted as soon as the lining material turns completely clear.

## Step 2 — Initial Fit on Arch



- ⓘ Wet hands before fitting the trays. The ThermAcryl is a little sticky.
  - Position the tray over the teeth. Using your thumbs, push the appliance over the teeth starting from the back and working your way forward. Press down with even pressure, especially in the posterior: do not rock appliance over the teeth. Some ThermAcryl© will express out of the tray.
  - Remove the tray from the mouth by the hard outer shell.
- ⓘ Do not touch the soft lining material. It may distort.
  - While the ThermAcryl© is soft, trim away all material beyond the edge of the hard shell with curved scissors. Use the edge of the tray as a guide. Make certain there is no material on the gingival. Smooth the edge of the tray with a wet finger.
- ⓘ Do not trim the lining material around the last molar; smooth it with your finger. The lining material should be even along the flat surface of the hard shell.

### Step 3 — 2nd Fit on Arch



- Place the lower tray back in the patient's mouth. Let it sit for approximately 1-2 minutes (until the material is almost white).
- As the material is hardening, take the tray in and out of the patient's mouth several times to ensure that it does not lock on the patient's teeth.
- ⓘ **Note:** Do not leave in the patient's mouth too long. The material may shrink slightly and "lock" onto the patient's teeth and it will be difficult to remove.
- ⓘ **Note:** If more material extrudes onto the soft tissue, trim as before, reheat and refit.
- When all the trimming is complete, smooth the edge of the tray with a wet finger.
- Repeat the same process (steps 2-3) for the other tray. [Fit the next tray](#)

## Step 4 — Curing and final fit



- Once both trays are properly fitted and trimmed, allow them to bench cure or place them in a cup of cool water for a few minutes until the ThermAcryl©-lining hardens (turns white).
- Have the patient place both trays in his/her mouth (they should “snap” over the teeth, but not uncomfortably). Instruct the patient to hook the trays together outside of the mouth before putting the appliance in the mouth.
- Ask the patient if: **A** the trays are tight, but not uncomfortable **B** equal fit in all areas **C** comfortable to the tongue **D** he/she is able to remove the trays
- If the patient answers “no” to any of the above questions, reheat, refit, cool and seat the dreamTAP appliance in the mouth until it is comfortable for the patient.

## Step 5 — Protrusion and Posterior gap



- With both trays in his/her mouth and hooked together, adjust the patient's jaw to a normal bite position (lips together, teeth apart and lower jaw not pulled forward) by dialing the Adjustment Key.
- ⓘ **Note:** This does not have to be exact, it is just a position that is easy to find as a starting point.
- With the patient in this position, look at the lower unit in relation to the upper unit in the anterior area. It is extremely important that there is a minimum of 1mm space bilaterally in the posterior areas at all times, in all positions.
- If the practitioner desires posterior support, he/she can add it once the patient reaches the final treatment position. [Posterior Stop Instructions](#)
- ⚠ If any damage occurs, tell the patient not to use the appliance and return to your office for repair.
- ⓘ **Note:** The ThermAcryl© lining will have to be relined within 12 months. If the appliance needs to be relined before this time, ask the patient how they are caring for the appliance.