

# Adjusting a dreamTAP TL

Written By: Patrick Tessier



---

## INTRODUCTION

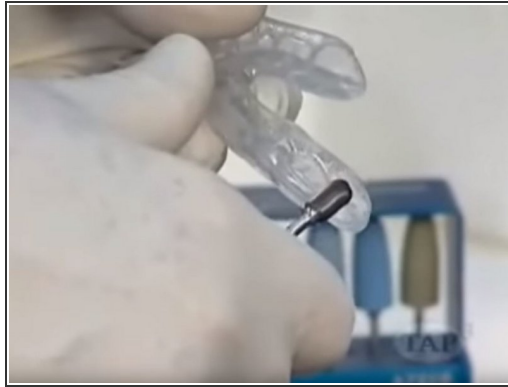
This video below is about the TAP 3 TL, but the fitting and adjusting instructions are the same. Only the hardware is different.

---

### TOOLS:

- [Brassler Burrs](#) (1)
-

## Step 1 — Too Tight



- If the trays are too tight, initial adjustment of the dreamTAP™ can be done by heating the trays in boiling water for 15 seconds and then placing them in the mouth (be sure they are not so hot that they would burn the patient.) Continue this procedure until the trays have the ideal fit.
- If one particular area still needs to be adjusted, remove some of the TL lining. Do not remove too much of the TL lining at once. This may cause the tray to lose retention and will ruin the trays because the TL lining can not be added back to the trays.
- ⚠ If the trays are over adjusted the laboratory may charge you to remake the trays. **Be conservative with your adjustments**
- If the trays are too tight and you have tried heating them, follow the instructions below.
  - First, reduce the height of the flanges covering the teeth. Do not relieve the lining.
  - If the patient still complains of the tightness or discomfort of the anterior teeth, carefully remove a small amount of the dual laminate lining from the areas of the tray with too much retention.
  - Use a thin straight acrylic burr and then a sharp knife/interproximal brush to remove the tags.
  - Fit the tray in the patients mouth with each adjustment

## Step 2 — Too Loose



- There are three methods to resolve this issue.
- The most conservative is simply **return the appliance to the laboratory**. The Lab may ask for new impressions to better serve you.
- A simple, but limited method is to heat the tray in hot water for about 15 mins. Then squeeze the sides of the trays and hold until it is cooled down.
- The third option would be to completely strip out the urethane liner and replace with ThermAcryl. [Here is the guide for relining with ThermAcryl.](#)