

# How to fit a myTAP

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## INTRODUCTION

**Please read the instructions in full before starting to fit the mouthpiece.**

**This "how to" video is excellent. It's done by Dr. Mayoor Patel and share by our friends at Nierman Practice Management**



### **PARTS:**

- [myTAP tray](#) (1)

## Step 1 — Fitting the upper tray - part 1



- Disengage the upper and lower trays by unscrewing the Adjustment Dial from the Adjustment Mechanism and sliding it out from the Adjustment Post. Set aside the Adjustment Dial and Lower Tray.
  - Place the Upper Tray over your upper teeth. Bite gently to check that your teeth fit within the flat surface of the tray. If not, you will need to narrow or widen the tray later in the fitting process
  - Pour boiling water into a bowl. Submerge the tray in the water for 1 minute.
- i* When the tray material becomes clear, it is ready to be fitted.**
- Remove the tray with a pair of tongs. Shake off the excess water and wait 20 seconds, allowing the tray to cool slightly.

## Step 2 — Fitting the upper tray - part 2



- If the tray is too narrow or too wide, either squeeze the molar area of the tray together or pull it apart depending on the size of the arch.
  - Place the tray over the upper teeth.
- ⚠ Be careful not to "knock down" the sidewalls when inserting in mouth. This will cause poor retention. If this happens, simply pry up the sidewalls and try again.
- With the tray in the mouth, be sure that the Adjustment Post is directly aligned under the nose, which will center the tray. This can be accomplished by looking in a mirror.
  - For 1 minute, bite down and close your lips around the tray. Suck on the tray while pressing your tongue against the inner side walls to create suction. Let your lips press naturally against it.

### Step 3 — Fitting the upper tray - part 3



- After the first minute, use your fingers to smooth any excess material to create a flat surface over the molars. Allow the tray to cool on the teeth for an additional 3 minutes.
- Place your fingers on the top edge of the tray on both sides along the molars and pull downwards to remove the tray. It may appear loose but will continue to tighten as it cools.
- ⓘ **The ThermAcryl material has a shrinkage factor of about 2%.**
- Run the tray under cool water to speed the cooling process. Set the Upper Tray aside to completely cool while you fit the Lower Tray.



## Step 4 — Fitting the lower tray - part 1




- Place the Lower Tray over your lower teeth. Bite gently to check that your teeth fit within the flat surface of the tray. If not, you will need to narrow or widen the tray later in the fitting process
  - Pour boiling water into a bowl. Submerge the tray in the water for 1 minute.
- i When the tray material becomes clear, it is ready to be fitted.**
- Remove the tray with a pair of tongs. Shake off the excess water and wait 20 seconds, allowing the tray to cool slightly.
  - If the tray is too narrow or too wide, either squeeze the molar area of the tray together or pull it apart depending on the size of the arch.

## Step 5 — Fitting the lower tray - part 2



- Place the tray over the lower teeth.

 Be careful not to "knock down" the sidewalls when inserting in mouth. This will cause poor retention. If this happens, simply pry up the sidewalls and try again.

- With the tray in the mouth, be sure that the Adjustment Mechanism is directly aligned under the nose, which will center the tray. This can be accomplished by looking in a mirror.
- For 1 minute, bite down and close your lips around the tray. Suck on the tray while pressing your tongue against the inner side walls to create suction. Press your fingers below your lip and against the front part of the tray.

## Step 6 — Fitting the lower tray - part 3



- After the first minute, use your fingers to smooth any excess material to create a flat surface over the molars. Allow the tray to cool on the teeth for an additional 3 minutes.
- Place your fingers on the bottom edge of the tray on both sides along the molars and push upwards to remove the tray. It may appear loose but will continue to tighten as it cools.
- Run the tray under cool water to speed the cooling process. Set the Upper Tray aside to completely cool while you fit the Lower Tray.
- To reassemble the myTAP, slide the Adjustment Mechanism into the Adjustment Post and screw the Adjustment Dial back on.