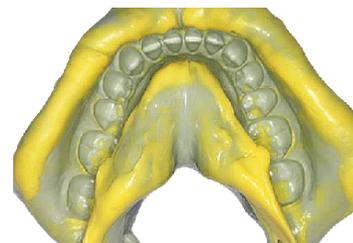


Do Your Impressions Have Their DMD?

Success Tips for Oral Appliance Therapy

Detail

Impressions for sleep appliances need to capture the landmarks of a denture impression with the fine detail of a crown and bridge impression. Full upper and lower impressions must effectively depict the molar region and 5mm of tissue distal to the posterior molars if possible. It is also important to clearly capture the gingival sulcus.



Material

We suggest using a PVS impression material - a heavy body with a light body wash. Please be sure to carefully monitor working and set times. For a quick tutorial on an effective PVS impression technique, visit: <http://youtu.be/MKPxiIw8q8M>

If you prefer to send models, please use Grade 4 stone for fabrication.

Distortion

Please check all impressions for distortions, including voids, drag, bubbles, incomplete arch areas, and broken teeth. The four biggest culprits for impression distortion are:

- Trays - be sure to choose a sturdy tray that is large enough for the patient.
- Time - pay close attention to the manufacturer's recommendations for working and setting times.
- Temperature - impression materials work best at 72 degrees. For every degree cooler, add 3 seconds to intra-oral set time. For every degree warmer, subtract 3 seconds from set time
- Contamination - keep the mixing tips fully submerged in the impression material to avoid air bubbles.



Impression Troubleshooting

Impression Problem	Cause	Solution
Tray exposure	Not enough material	Overfill tray, border mold like a denture impression
	Tray is too small	Use larger tray
Voids	Air trapped in syringe	Bleed syringe
	Air trapped while filling tray	Keep tip immersed in wash material while filling tray
	Syringe technique	Keep tip immersed in wash material, wiggle and stir while syringing, push material forward
	Not enough light body	Use wash material liberally
Tearing at margin	Inadequate mix	Bleed before applying tip to ensure even dispensing, use proper mix tip
	Expired impression material	Check expiration
	Exceeding working time	Follow working time or choose material with longer working time
Facial-lingual pulls	Tray movement or repositioning after seating	Do not move tray after seating
	Insufficient amount of impression material used	Use more material to create back flow effect
Distorted 2 nd molars/ buried	Not enough material	Overfill tray, border mold like a denture impression
	Tray placement	Be sure to capture distal of last molars, need 5 mm behind distal when possible
Delamination	Exceeding working time	Follow time specifications
	Impression stored at higher temp	Store at room temperature
	No tray adhesive used	Use tray adhesive
Impression pulling away from tray	Incompatible tray adhesive used	Use appropriate adhesive for material
	Inadequate drying time for adhesive	Follow manufacturer's specifications
	Thin trays allow rebound	Use tray that is more rigid
	Cause	Solution
Bite unstable, in pieces	Not enough material used	Load lingual more, need bicuspid to bicuspid usually
Fork interferes with bite	Steep curve of spee	Trim distal of fork prior to bite registration
#8-9 won't fit in Gauge	Teeth too bulbous	Trim groove in George Gauge to allow teeth to fit