

The Preventive Appointment

1. Educate the patient
2. Get acceptance of the concept
3. Alginate impression
4. Fast setting cast (Whipmix Snap Stone)
5. Make vacuum shell, 0.20" thick plastic
6. Trim shell to be 1mm apical to gingival line
7. Again educate patient and have them load and seat tray
8. They use 2X per day, 5 min after breakfast, and 5 min before bedtime
9. Spit only if in non-fluoride area. Spit and rinse if in fluoride area