GOODFIT®

SAME-DAY DENTURE SYSTEM

GOOD FIT ®
DENTURE TRAYS

30-60 minutes
in the clinic

ANY DIGITAL DENTURE
WORKFLOW

1-3 hours
in the lab

FINISHED
DENTURE

Ready in just hours
in the same day

JUST HEAT AND ADAPT

ALL IMPRESSIONS & RECORDS,
PLUS TRY-IN, IN ONE SHORT VISIT

plus...
WORKS GREAT WITH TRADITIONAL ANALOG TECHNIQUES TOO!

Patented and patent-pending

www.goodfit.com

DENTURE TRAY

Good Fit ® Denture Trays are adjustable, custom impression trays, base plates and occlusal rims - all in one. They let you get all the data required for complete denture fabrication in one, short clinical visit.

IN THE LAB

- No need to fabricate a custom tray or bite block
- Better impressions and records from which to work
- Less back and forth with clinic means less room for error, lower shipping costs, faster delivery of final denture, and more production capacity

IN THE CLINIC

- **Saves hours of chair time and at least two or three visits**
- Easy to use (can use standard materials and techniques)
- No need to work with full wax occlusal rims
- Completely stable record base (for more accurate records)
- All impressions and records plus a try-in in one visit

TIME SAVINGS IN THE CLINIC

CONVENTIONAL TECHNIQUE

Clinic 1 (week 1)
Preliminary impression

Lab 1
Preliminary model
Custom impression tray

Clinic 2 (week 2)
Border Molding
Final impression

Lab 2
Master cast
Record base and occlusal rims

Clinic 3 (week 3)
Bite registration

Lab 3
Articulate models
Set individual teeth in wax

Clinic 4 (week 4)
Try in
Send adjustments to lab

Lab 4
Make necessary adjustments
Process and finish denture

Clinic 5 (week 5)
Deliver final denture

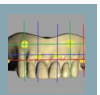
3+ Hours or Chair Time

Weeks of Office Visits

GOOD FIT ® DENTURE TRAY

Clinic 1
Impressions, records & try in

Lab 1 (same day)
Any digital or analog technique to process & finish



Clinic 1 (same day)
Deliver final denture

EASY TO USE

The only "special" equipment you need for using the Good Fit ® Denture Trays is a water heater. Otherwise, you can use whatever materials and techniques you prefer for impressions and records.

- Good Fit ® Denture Trays
- Water heater (hot pot) to heat the trays and make them adjustable
- Standard impression material and border-molding material
- Standard bite registration material

See full instructions on page 4

1 Hour or Less

In Same Day

After receiving the impressions and records you collect with the Denture Trays, your lab can produce a denture using any technique they like. **With the information from the Good Fit ® Denture Trays, your lab can produce quality dentures, ready to deliver in the same day.** Turn the page to learn more...

CLIN-
ICAL

CLINICAL TECHNIQUE

1. Choose Appropriate Size

The Good Fit ® Denture Trays are available in a range of sizes. Choose the one that is the closest match to the patient's existing dentures (if any) or else test sizes for fit in the patient's mouth.

AN IMPORTANT NOTE ABOUT THE TEETH

Each Denture Tray has a full setup of tooth forms*. They are designed to serve as a more stable and functional alternative to the wax, occlusal rims on a standard bite block, which means: 1) **don't be shy about adjusting them to fit your needs**, including trimming them completely away, and 2) **don't focus on getting the teeth, themselves, into occlusion.** The teeth will help, but you'll be establishing the target occlusion with your bite registration material when you take your bite.

2. Check Available Space

Now is a good time to do a quick assessment of available prosthetic (vertical) space. **If there is not enough space to fit your selected trays, trim the posterior cusps with an acrylic bur***.

You don't need to be careful here. If you need the space, just remove the posterior cusps completely. If you are doing a full-over-full case, **trim the posterior cusps on the lower tray first**. You will then be able to use the posteriors on the upper to help establish your planes.

If you need to trim the upper posteriors as well, don't worry, you can just add a bit of wax to that area later to help establish your planes.

* Newer versions of the trays already have the posterior cusps removed on the lower arches to help provide more vertical space.

CLINICAL TECHNIQUE

3. Adapt Tray into Custom Impression Tray

A) TRIM OVEREXTENSIONS

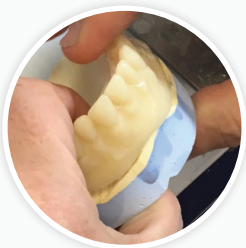
Place tray in patient's mouth (or on a model) and mark any overextensions. Then trim overextensions with an acrylic bur. If you prefer, you can also trim with scissors when the tray is heated.

B) HEAT AND ADAPT INTO CUSTOM TRAY

Heat tray in a water bath until moldable - about 176-194°F (80-90°C) for 1-2 minutes. (Don't worry about being exact here: hotter water or longer heating simply makes the trays more flexible.) Then adapt the overall shape of the tray directly in the patient's mouth (or on a model):

- Run your fingers along the flanges and palate to adapt them to the patient's tissues
- Try to position the tooth forms of the tray directly over the ridge.

Now test the adapted tray for fit (and confirm that you have enough room for border molding). If you need to make further adjustments simply reheat the tray or any portion of the tray you'd like to adjust.



TAKE CARE WITH HEATED TRAYS

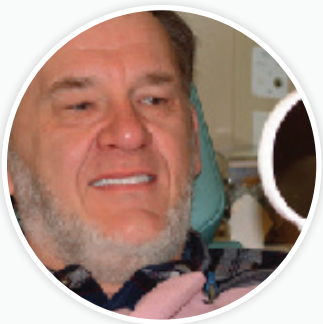
Before putting a heated tray in a patient's mouth: 1) **make sure there is no hot water on the tray** (it's the drops of hot water that tend to convey the most heat) and 2) **test the tray on a sensitive area** (such as the inside of your wrist). The trays should remain moldable at a temperature that's comfortable to the touch.

CLINICAL TECHNIQUE

JUST GETTING STARTED? CONSIDER USING A MODEL

The Denture Trays can be adapted into custom trays directly in the mouth, which lets you avoid preliminary impressions and models altogether. But **for your first few cases, you may find it easier to adapt the trays to a preliminary model** instead.

4. Assess Tooth Shade & Mold



Choosing the appropriate tooth shade and mold for dentures can be tricky. There's really no way to know how denture teeth will look until you put them in a patient's mouth.

But because the Denture Trays have actual tooth forms with a known shade and dimensions, you can use them at this point as a quick, in-the-mouth guide (as a reference point) for helping you choose the actual, final denture teeth.

For example, put the customized tray back in the patient's mouth, give him or her a mirror and ask, "Are the teeth on the tray too dark or light, too large or small, or are they perfect?" Then you can use that feedback to select the actual denture teeth - and even how you might set them.

5. Border Molding

Now proceed to border molding. With the Denture Trays, you can use any conventional technique and material for border molding that you like. You can also use tissue stops if you like.



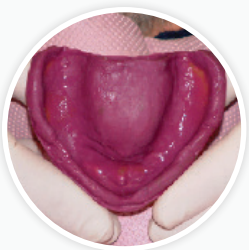

CLINICAL TECHNIQUE

In the case pictured in this guide, we started by applying a functional wax to the border areas of the upper tray. Then we developed the peripheral borders by asking the patient to suck on an index finger and move his jaw from side to side.

Next we applied the same border molding material to the buccal and lingual areas of the lower tray. To develop the buccal border, we asked the patient to suck on a finger. To develop the lingual border, we asked the patient to protrude his tongue straight, then to the left and right.

6. Final Impressions

Again, for taking final impressions with the Denture Trays, you can use any conventional technique and materials you like. Note: because you are working with a custom tray (with no holes in it), you'll need to use a tray adhesive, which is available for most final impression materials.



Next: Using the Denture Tray as a Bite Block (No More Wax Rims)

FASTER AND MORE ACCURATE

At this point in conventional technique, you'd need to send your final impressions to a lab and ask them to fabricate a bite block. But in the Good Fit technique, **the Denture Tray is your bite block**.

In addition to being **immediately available (in same visit)**, the Denture Tray offers a **more stable record base** (held in place by the final impressions) and a **more stable, accurate occlusal rim** (the tooth forms).

CLINICAL TECHNIQUE

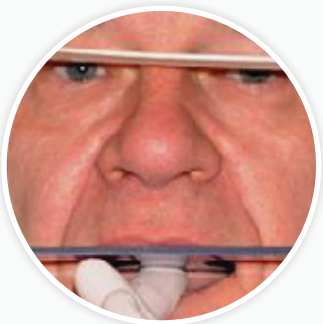
REMINDER: YOU'RE NOT TRYING TO SET OR OCCLUDE THE TEETH

The teeth on the trays are a tool for you to manipluate as needed to help in the following steps. **If the teeth, themselves, end up off-center, out of occlusion, or missing altogether (because you removed them) - no problem**. As long as you establish and record the target occlusion with your registration material (step 9), you should be all set.

7. Midline, Smile Line, Incisal Length, Planes & Lip Support

In a full-over-full case, start with the upper tray. You will use the upper tray to establish the planes and primary aesthetic considerations.

Start by inserting the upper tray and evaluating the midline, smile line, and incisal length. You can mark the desired lines directly on the tray with an indelible marker (be sure to note them in your lab Rx as well).

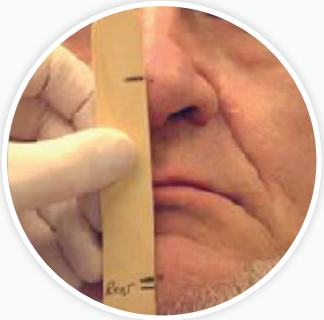


Next, observe the interpupillary and ala-tragus planes. Make adjustments as needed by grinding the tooth forms or adding wax to create the desired planes.

Now evaluate lip support and indicate any desired changes in tooth position in your lab Rx. You can make minor, physical adjustments by heating and flaring the anterior tooth forms. Or you can add wax to the surface of the tooth forms to indicate desired lip support.

CLINICAL TECHNIQUE

8. Vertical Dimension



Here again, you can use whatever method you like for setting & evaluating vertical dimension.

For example, mark the desired vertical dimension of occlusion on a tongue depressor, insert the upper and lower trays, and adjust the trays to match the desired vertical dimension:

- To increase freeway space, grind the tooth forms on the tray
- To decrease freeway space, add wax.

In a full-over-full case, make these adjustments to the lower tray so that you can maintain the adjustments on the upper tray that you made in step 7.

Now evaluate your vertical dimension to make sure it is set correctly. If you use phonetics, the stable record base provided by the Denture Trays plus the use of acrylic tooth forms in place of bulky wax rims makes this evaluation much more accurate.

For example, ask the patient to count from 60 to 70. Contact during these sibilants indicates insufficient freeway space. Separation greater than 3mm indicates excessive freeway space.

9. Centric Relation

Guide the patient into centric relation and record it at the desired vertical dimension using your registration material of choice.

CLINICAL TECHNIQUE

10. Try-In

At this point, you have a custom-fitted device with a stable base and actual tooth forms, all held in the desired occlusal relationship by your registration material, which means **you can now use the trays effectively as a try-in device**.

(If you are doing a full-over-full case, first separate the trays and then...) **Insert each tray individually and reevaluate**: **fit, midline, smile line, incisal length, planes, and lip support**.

(If you are doing a full-over-full case, recombine the trays, reinsert them, and then...) **Reevaluate: vertical, centric, overall aesthetics.**

That's It! Now Your Lab Can Make the Denture...

Send the trays in their centric relation along with a comprehensive Rx to your lab. They will then use the trays to pour and articulate models and to help set up the actual denture teeth (the trays are then discarded; they do not become part of the final denture).

Your lab can make the denture using any processing technique they like - or that you specify. **With the information from the Good Fit ® Denture Trays, your lab can produce quality dentures, ready to deliver in the same day!**

THE MISSING PIECE FOR DIGITAL DENTURES

Ask about any digital denture workflow, and the conversation will likely start with, "*After you get your clinical data*, we have a really fast way to make a denture..." But to deliver on the promise of speed, you need a fast way to get accurate clinical data in the first place. The **Good Fit ® Denture Trays** are the answer.

CLINICAL TECHNIQUE

Equipment and Materials

The only “special” items you need for this technique are a water heater and the Good Fit ® Denture Trays:

Equipment

- Water heater and tongs
- A hand piece with an acrylic bur
- Scissors (optional)
- Your preferred equipment for setting and evaluating planes and vertical dimension (e.g. fox plane and tongue depressors)

Materials

- Good Fit ® Denture Trays
- (If you are using preliminary models) preliminary impression material and modeling stone
- Final impression material and tray adhesive
- Sticky Wax
- Border molding material
- Bite registration material

SIZE & SHADE GUIDE

The Good Fit ® Denture Trays are currently available in three sizes (with an upper and lower tray of each size).

The tooth forms on the trays function primarily as a substitute for wax occlusal rims, but they can also be used as an in-the-mouth reference for helping you and your patient select tooth molds for the final prosthesis (for example, by assessing whether the tooth forms on the selected tray appear too big or too small in the patient's mouth - or whether the shade is too dark or too light - and then using the information below to help choose the final denture teeth).

Size:	Base Length*	Base Width*	Six Anterior Width	Central Width	Central Length
Small Upper	39mm	42mm	40.5mm	7.5mm	9.4mm
Medium Upper	43mm	43mm	46.1mm	8.5mm	10.2mm
Large Upper	47mm	44mm	48.8mm	9.0mm	11.8mm
Small Lower	41mm	47mm	32.6mm	4.8mm	9.0mm
Medium Lower	42mm	48mm	36.8mm	5.5mm	9.8mm
Large Lower	45mm	52mm	36.8mm	5.5mm	9.8mm

* Base length is measured from point over anterior centrals to furthest posterior extension of tray
Base width is measured from point over left molars to point over right molars on tray

Tooth Shade: **B1****

Base Shade: **B1**** or **Original** (Pink-Veined)

** Approximation based on the Vita ® Classical Shade Guide.

With Questions or to Place an Order
Please Contact Us:

617-973-5136

www.goodfit.com