BITE PLATE

The bite plate is designed to keep the lower front teeth from closing too far under the upper front teeth. This prevents the upper teeth from breaking off the brackets (braces) attached to the lower teeth. The bite place also helps to correct this over-closing of the bite.

At first the bite plate may seem loose in your mouth. It also may seem awkward to eat since the back teeth will not touch. During this temporary period of time, you will find it helpful to eat softer foods. After the back teeth are banded, the bite plate will fit more securely and it will feel more comfortable. After several weeks the bite will change enough so that the bite plate will be discontinued.

Some DO’S and DON’TS…

DO: 1) WEAR THE BITE PLATE 24 HOURS A DAY, except when brushing

your teeth.

2) WEAR YOUR BITE PLATE WHEN YOU EAT.

3) Brush your teeth (and your bite plate) after each meal and before you go

to bed at night. You can use toothpaste and cool water to brush your

bite plate.

4) If your bite plate breaks or is lost, phone our office immediately for an

appointment. Be sure to bring in any pieces.

DON’T: 1) Don’t take your bite plate out of your mouth except to brush your teeth.

By wearing your bite plate all the time, you will not break or lose it,

and you will be able to stop wearing it sooner.

2) Don’t clean your bite plate with hot water because the heat can destroy

or warp your bite plate.

Without your cooperation with the above instructions, there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimum amount of time. Teamwork between the patient, the parents and the orthodontist is essential in order to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or just call our office.