

Bite Plate Appliance

- In order for the bite plate to work properly, it must be worn 24/7 for the period of time instructed by the Doctor. You will keep it in place while eating. Only remove the appliance when you brush your teeth.
- When you remove it to brush your teeth, also thoroughly, but gently (so that you don't bend any wires), brush the bite plate with your toothbrush and toothpaste. Soaking it in water with Efferdent tablets once a week will also keep it clean and prevent build-up of plaque and tartar. Always use cool or lukewarm, never hot, water.
- It is best to brush your teeth and the bite plate after every meal. If you can't, at least rinse your mouth and the appliance with water to remove any food particles.
- Avoid sticky foods such as taffy, caramels, starburst, gummy candy, skittles, and gum. Also avoid hard foods such as ice, nuts, and hard candy. These can damage or break your bite plate.
- When your bite plate is not in your mouth, always keep it in the retainer case provided.
- Keep your bite plate out of reach from pets, as they like to use them as chew-toys.
- Since this is a new appliance, you will go through a period of adjustment. You may notice increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the bite plate will speed this process.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this appliance.
- The Doctor will check your bite plate periodically. Please remember to bring it with you to **every** orthodontic appointment at the office.