

Bite Plate Appliance

Why should I wear these appliances?

These appliances are used open your bite and protect your lower front teeth from overlapping excessively behind your upper front teeth. The biteplate may also allow for placement of your braces on the lower teeth.



Your Part

- Wear your appliance all the time except while brushing your teeth or playing contact sports. If you do not have your retainer case, you can eat with it in your mouth but it will need to be rinsed after each meal. In fact, patient's that eat with the biteplate in obtain their results much quicker.
- To remove the appliance, apply pressure on the cheek side of the back clasps.
- DO NOT chew gum or sticky candy while wearing your appliance.
- Your speech may sound funny for a few days. Do not remove the appliance when talking because it will take longer for you to adjust. The more you practice, the quicker you will sound "normal."
- Always place your appliance in the case when not in your mouth. If you have a dog, do not leave your appliance where they can reach it. For some reason, dogs think retainers are chew toys!
- When brushing your teeth, brush the appliance. It can also be soaked in a denture cleaner (Efferdent or Polident) to make it taste and feel fresh. Never boil or put the appliance in very hot water.
- **Always** bring your retainer with you to each appointment (even if it is broken).

If you have any questions or are unable to wear your appliance, please call the office.