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Diplomate of the American Board of Orthodontics

Practice Limited to Orthodontics / Dentofacial Orthopedics

Your Bite Plate

DESCRIPTION

The bite plate can be used for a couple of reasons. It is used when clearance is needed to help move teeth in a certain direction. It can also prevent the upper teeth from touching the lower brackets.

EATING

Initially, meal times can be a bit awkward because certain teeth will be touching the bite plate. It will become easier to eat over the course of a few days. Never remove the appliance to eat.



CLEANING

It is important to keep your appliance clean. Plaque and tartar can collect on it, so we recommend you clean your bite plate following meals and snacks. To clean, remove the appliance, and place it in the palm of your hand. Brush gently with your toothbrush and toothpaste using cool water. Be careful not to fully bite down while the appliance is out of your mouth.

SPEECH

Talking may be a little slurred at first. You will also notice extra saliva, but this goes away after a few days as you become used to it.

LOST APPLIANCE

In the instance that the appliance no longer fits or becomes lost, call our office to schedule an appointment.



SORENESS

There may be some soreness or discomfort at first, and this is normal. The patient may experience soreness in the cheek area. Initial cheek biting may occur as well as cheek puffiness. The soreness will go away as the tissue toughens. If necessary, any soreness can be relieved by warm salt water rinsing and by using whatever headache remedy you normally use. Gums may become sore and swollen. This usually occurs due to improper brushing techniques. It is important that your appliance be cleaned and checked daily.



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