

bite plate

A Biteplate is a removable appliance similar to a retainer that is used to correct a deepbite or to help correct a crossbite.



- You have received a Biteplate to help straighten your teeth. Your Biteplate is an active orthodontic appliance and needs to be worn differently. Your Biteplate won't work if you only wear it at night. That is because in order to move teeth there needs to be continuous pressure on them; otherwise they will move the right way while you wear your Biteplate, and the

wrong way when you have it out. Your Biteplate needs to be worn as close to 24 hours a day as is possible. It is ok to remove it while you eat, while you brush and while you play sports. The rest of the time it must be fully seated in your mouth.

- When you need to take your Biteplate out of your mouth, you must keep it in its case that we gave you. Many appliances have been accidentally thrown away, stepped on or eaten by the dog because they were left sitting out. NEVER wrap your Biteplate in a napkin while you eat. Always have your case with you. If you don't have your case available, don't take out your Biteplate. Leave it in your mouth while you eat and rinse it off afterwards.

- DO NOT clean your Biteplate in hot water, DO NOT boil it or microwave it and DO NOT leave it sitting in the sun, even if it is in its case. Excessive heat will warp the plastic and ruin it.

- To clean your Biteplate, scrub it with a toothbrush and toothpaste, making sure to clean both sides of the plastic. About once a week, soak it in some denture cleanser, like Polident or Efferdent.

- DO NOT chew gum while your Biteplate is in your mouth.

When you first start wearing your Biteplate, your teeth may get sore and tender. This is normal and expected. Soreness of the teeth should go away within one week - if you wear your Biteplate faithfully. If you take it out every time your teeth get sore, you will never adjust to it and your teeth will never get straight. If your gums get sore, that is normal. We may need to smooth a rough spot on the plastic for you. If anything happens to your Biteplate - if it gets lost, broken, chewed up, warped or anything else, let us know as soon as possible.

- Good luck with your Biteplate. Wear it faithfully, keep it clean, protect it when it is out of your mouth and very soon your teeth will be straight and gorgeous.