

INSTRUCTIONS FOR YOUR BITE PLATE

A Bite Plate is an appliance used to correct a deep overbite. When your Bite Plate is inserted it will make you bite only on the front teeth. The Bite Plate holds the molars apart, allowing them to naturally erupt until they eventually begin to touch again, thus opening your bite.

Your Bite Plate is to be worn **24 hours a day**, even when you are sleeping and eating. Initially you will notice that eating will be a little tricky so you may want to eat soft foods for the next couple of days until you adjust. **In order for your Bite Plate to do its job, you will need to wear it all the time.**

The only time you should take it out is when you are cleaning it. When you brush your teeth you will also need to brush your Bite Plate. Put your Bite Plate in your hand and brush it gently with your toothbrush and toothpaste. Be sure to brush the roof of your mouth while the Bite Plate is out. This is important because the soft tissue on the roof of your mouth will be covered by the Bite Plate most of the time and will need to be stimulated by the toothbrush to keep it from getting irritated. Put the Bite Plate right back in your mouth after brushing.

Be sure not to play with your Bite Plate. Flicking your Bite Plate with your tongue will put stress on the Bite Plate and could cause it to break. Call the office right away if you lose, bend or break your Bite Plate. We will do what we can to adjust your Bite Plate. **If your Bite Plate cannot be adjusted or you have broken your Bite Plate, the fee to repair it is \$220.00. Please remember to bring in any broken pieces in order to qualify for the repair fee. If you lose your Bite Plate, the replacement fee is \$320.00.**

Your Bite Plate will not break with normal wear and care. Your Bite Plate will last as long as you need it with the proper care.

Remember to wear your Bite Plate to each of your appointments so we can check the fit and make any necessary adjustments.

Don't hesitate to give us a call if you should have any problems with your Bite Plate.

Good Luck!



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