

BITE RAMPS

- Your orthodontist has indicated that bite ramps will be needed along with your braces to make your treatment more efficient.
- Bite ramps are small plastic blocks that are bonded behind your two front teeth. They are usually blue in color to help with future removal of the bonded ramps. The blue bite ramps should not be visible when you are smiling or speaking.
- Bite ramps serve several purposes.
 1. They open your bite which is likely deep, preventing your upper front teeth from biting on your bottom braces. This will be more comfortable and prevents excess pressure on the fragile edges of your enamel.
 2. By opening your bite, it will speed tooth movement reducing the overall time in braces.
 3. Bite ramps also prevent excess pressure on your incisor and molar brackets which could otherwise cause breakage of your braces.
- Bite ramps are generally worn for 3 to 12 months depending on your tooth movement. They are then removed once the bite has changed enough.
- You will notice difficulties in the first 7-10 days that you are adjusting to your new braces and bite ramps. Softer foods that are cut into pieces will be easiest to eat. It should help to know that these eating challenges will reduce as your bite improves.
- If a bite ramp comes off you can still function until we can repair it. Please call the office and we will book a repair appointment.

