

## CROSSBITE

### What is a crossbite?

A normal bite is one in which the upper teeth fit slightly outside the lower teeth. A crossbite is when the upper teeth get locked behind the lower teeth.

### What does a crossbite appliance look like?

- It resembles a retainer but has little springs attached that apply force to the teeth that are in crossbite.
- Often an acrylic pad covers the biting surface of all the back teeth to prevent the upper and lower teeth from closing fully and provide space to allow the tooth to move freely out of crossbite.

### How long will I wear the appliance?

- We recommend wearing your appliance 24 hours/day, taking it out only for eating, brushing, and active sporting activities. A container will be provided for you to safely store it when you need to take it out.

### What should I do while the appliance is in place?

- It is imperative that you clean your appliance thoroughly after eating. To do so, hold the appliance in the palm of your hand and scrub with toothpaste and warm (not hot) water.
- NEVER wrap it in a Kleenex or place it in your pocket – use your case at all times.
- It is normal for your teeth to feel sore for a few days. Take an anti-inflammatory as needed.
- *Please contact our office* should you have any questions or if your appliance feels loose or breaks.



*There will be a repair or replacement fee for broken or lost appliances.*