

BITE RAMPS

What do they do?

Your orthodontist has indicated that bite ramps will be needed along with your braces to make your treatment more efficient. Bite ramps serve several purposes. They can open a deep bite which can put excess pressure on your incisor (front teeth) and molar brackets. This pressure can break brackets off and may also cause damage to the fragile edges of your enamel. By opening your bite, it will speed tooth movement reducing the overall time in braces.

What do they look like?

- Bite ramps are small plastic blocks that are bonded behind your two upper front teeth.
- They are usually blue in color which aid in future removal of the bonded ramps.
- The blue ramps should not be visible when you're smiling or speaking.

How long will I wear them?

- Bite ramps are generally worn for 3-12 months depending on your tooth movement. They are then removed once the bite has changed enough.
- Your orthodontist will keep you informed as to your progress.

What are my responsibilities for a successful treatment?

- It is normal for your teeth to feel sore for a few days. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- You may have difficulties chewing in the first 7-10 days while you are adjusting to your new braces and bite ramps. Softer foods that are cut into small pieces will be easiest to eat. It should help to know that these eating challenges will reduce as your bite improves.
- Avoid any hard, sticky foods or food high in sugar while appliance is in place.
- It is important that you clean your teeth, brackets and bite ramps thoroughly after eating.
- Check your bite ramps daily to make sure they are still bonded in place.
- Please contact our office should one or both of them come off so we may schedule you for a repair appointment.

