

BITEPLATE APPLIANCE

What does it do?

The biteplate is designed to fit into the roof of the mouth and is adjusted so that only the lower front teeth will contact when the jaw is closed. This allows the back teeth to move, thereby reducing the amount of vertical overlap (overbite) of the front teeth.

What does my appliance look like?

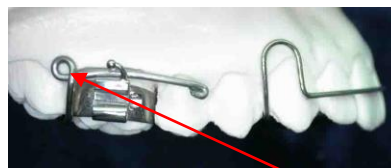
- It resembles a retainer with thicker acrylic placed for the front teeth to open bite slightly.
- It has Recurve springs or Adams clasps that fit around the molar teeth for retention.

How long will I wear the appliance?

- This appliance is to be worn **at all times** except when eating, brushing, swimming or playing contact sports, unless otherwise instructed by your orthodontist.
- Treatment length will vary with each individual case and complexity. 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 and after each adjustment. If instructed to eat with appliance in, the appliance may move slightly when chewing. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- Avoid any hard, sticky foods or foods high in sugar while appliance is in place.
- Please handle all parts of your appliance with care to avoid damage or breakage.
- It is important that you clean your teeth and appliance thoroughly after eating. To do so, hold the appliance in the palm of your hand and gently scrub with a toothbrush/toothpaste. Rinse with **COOL** water (never HOT) to avoid distortion.
- **Always** use the case provided to store and protect your appliance when not in your mouth. Never wrap appliance in Kleenex or place it in your pocket!
- Keep out of reach of pets. They love to chew them!
- Please contact our office should your appliance become bent, excessively loose, breaks or if it is lost.
- Please bring your appliance to every appointment.



Biteplate with Recurve Spring



Biteplate with Adams Clasp