

## **BITEPLATE INSTRUCTIONS**

1. **PURPOSE:** Biteplates are generally used to help reduce excessive vertical overlap of the front teeth (deep bite). By separating the upper and lower back teeth, these teeth are encouraged to erupt more, reducing the deep bite. The biteplate is often essential in preventing damage to the lower braces where vertical overlap is present.
2. **WHEN SHOULD IT BE WORN?** Your biteplate should be worn 24 hours per day. Orthodontic cases cannot be completed until the deep bite is opened. Faithful wear speeds treatment progress. Poor wear stops or greatly prolongs it.
3. **HOW SHOULD YOU INSERT AND REMOVE IT?** Your biteplate should be gently inserted and seated in place with the fingers. Biting down to seat the biteplate is a frequent cause of breakage. Habitually flipping with the tongue weakens and distorts it.
4. **TO CLEAN IT:** Following meals, remove your biteplate and gently rinse with warm water only. This will prevent the accumulation of food particles, plaque, and odor. If it is not possible to brush, remove your biteplate and rinse free of food particles.
5. **GETTING USE TO IT:** Some difficulty with speech may be encountered during the first day or two of wear. Reading aloud to yourself can help you adjust more quickly.
6. **CAUTION- AVOID LOSS OR DAMAGE:** If your biteplate is lost or damaged, please contact our office at once. Loss or unnecessary breakage should be guarded against; there is a fee for replacement. *The safest place for your biteplate is in your mouth.* Don't leave it lying around where pets or brothers and sisters can find and damage it. Biteplates wrapped in napkins are often thrown out, especially at school lunchtime. Don't put an unprotected biteplate in your pocket. If you must remove it place it in a retainer box.