

# **Bite Plane**

## **What it does:**

Because your teeth overlap and cover your bottom teeth by a large amount, we need you to wear a removable bite plane appliance. The purpose of the bite plane is to help open your bite and prevent you from biting off the bottom braces when you close down. If the bite plane is worn as instructed, the bite will improve and the overlap will lessen. When this happens, we can stop the bite plane. Usually it is worn for 6 to 9 months.

## **Wearing Instructions:**

The bite plane should be worn 24 hours a day. **You must wear the bite plane while eating.** The only time you should take the bite plane out is for brushing, swimming or for sports if you need to wear a mouth guard.

## **What to Expect:**

The bite plane may affect your speech at first. If you practice talking a lot with your bite plane in, your speech should go back to normal within a week.

Also, you may have a difficult time eating with the bite plane at first. You will also get used to eating within about a week.

## **Care of your Bite Plane:**

Whenever you take the bite plane out to brush your teeth, use your toothbrush to clean the bite plane. Also, be sure to brush the roof of your mouth and behind your front teeth.

**IF FOR ANY REASON YOU ARE UNABLE TO WEAR THE BITE PLANE, call the office immediately to schedule an appointment. DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT.**