



BITE-PLANE INSTRUCTIONS

The bite-plane must be worn at all times, except when cleaning it after each meal. Your cooperation and speed of tooth eruption will determine how long it will have to be worn.

Eating and speaking will most likely be discouraging these first few days. You are advised to eat soft foods such as eggs, cereal, and soups as opposed to chewy meats, raw fruits and vegetables, or hard crusted breads. However, in a few days, all foods can be eaten; and with a little practice and patience, all words pronounced.

Cleanliness of the bite-plane, the roof of your mouth and all of the teeth against which the bite-plane fits, is a must! While at school or away from home, rinse the bite-plane after meals; while at home, brush it with your toothbrush after every meal just as you do your teeth. Always brush it over a sink filled with water to lessen the chance of breaking it if it is accidentally dropped.

Soreness of certain teeth is quite common during the first few days. Any irritation of the gums, cheeks or lips should also disappear within two or three days. If the irritation is persistent, or if any wire should accidentally be bent, telephone the office for an emergency appointment.

A bite-plane is constructed to keep the back teeth apart. Removing it and closing your teeth together or even eating one meal without it, will set you back two weeks. It is your responsibility to wear it.

You may have to wear the bite-plane for several months – try not to become discouraged these first few days as eating and speaking will gradually improve. Just be patient!

Just remember... This will reduce the time you are going to be wearing full braces!

If at any time you have a question or problem, please telephone our office at (574) 233-7444.