



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.

What's NEXT...?

Welcome to Growth & Development
This is still Phase I

*Congratulations!! You have just completed the active part of
your Phase I treatment! Do you remember what
your smile looked like before?*

Follow the Bite Plane instructions, if something happens to it **DO NOT**
wait to call the office. The purpose of the bite plane is to hold ALL the
expansion you just gained in active Phase I treatment.

Dr. Harrington will see you back in 6 months for a Growth & Development
appointment, a parent or responsible adult should be present. At this 20-
minute appointment we will take a new X-Ray, and meet in the treatment
coordinator room to review it together. Dr. Harrington will evaluate how
well the expansion is holding, the success of adult teeth erupting, as well as
the condition of the bite plane. This is also a great appointment to discuss
any questions that you may have.

Dr. Harrington will continue to see you every 6 months, at no additional
cost, until you are ready for Phase II, but before you start we will discuss
what Phase II needs are with a treatment plan.

SHOW OFF YOUR SMILE TO YOUR DENTIST

That's right, we want you to go back to your dentist to show them how great
you did! Your smile is BEAUTIFUL.

Be sure to thank them if they referred you to our office.