



**ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS®**

### LOWER BITE PLATE INFORMATION

Your Bite Plate is a very important part of overall treatment. Ideally lower teeth should fit behind/inside the upper teeth when biting down. The Bite Plate helps redirect the teeth and bite into this more favorable position. Be sure to always bring your Bite Plate to every visit with our office. Follow the below guidelines as there is a charge to replace an improperly worn, broken, or lost Bite Plate.

### **WHEN TO WEAR YOUR BITE PLATE**

- Wear your Bite Plate around the clock unless indicated otherwise by Dr. Papandreas.
- Don't wear the Bite Plate when drinking very hot/cold liquids, or when eating. **Do not wear the Bite Plate when playing sports or horsing around this may distort or break the appliance or worse result in broken teeth if hit in the mouth!**
- Continue to wear the Bite Plate regardless of loose baby teeth and erupting adult teeth. If you discontinue or modify wear, the Bite Plate will no longer fit properly.
- Be sure to firmly seat your Bite Plate fully into position to ensure proper function.

### **HOW TO CARE FOR YOUR BITE PLATE**

- Temporarily remove your Bite Plate and brush it with toothpaste to keep it clean before bed and again in the morning. Rinse thoroughly before placing back in your mouth.
- Place your Bite Plate in its case when not wearing to prevent breakage or loss.
- If instructed by Dr. Papandreas to wear only at bedtime, place it in a glass of clean water during the day to minimize saliva drying on to it.
- Don't leave your Bite Plate where a pet can chew on it.
- Don't wrap the Bite Plate in a napkin or tissue as you may accidentally throw it away.

### **WHAT TO EXPECT FROM YOUR BITE PLATE**

- Sore teeth and gums, increased salivary flow, difficulty speaking and swallowing, may all occur but will subside within the first week.
- The Bite Plate will initially loosen to fit like a comfortable slip on shoe. There is no need to retighten the Bite Plate UNLESS the loosening is due to improper wear.
- The ability to flip the Bite Plate out with your tongue is normal...but don't do this. The Bite Plate will not function properly if not worn completely in place!
- The purchase of a new Bite Plate may occasionally be required due to eruption of adult teeth.