

**ORTHODONTIC SPECIALTY SERVICES
DR. ARON DELLINGER**



1120 E. Dupont Road
Fort Wayne, IN 46825
(260) 497-0497

841 S. Union St.
Warsaw, IN 46580
(574) 267-1490

BITE PLATE

A bite plate is used for patients with or without bands/bonds to “open” the bite. For the patient with braces, the appliance is used to protect the lower bonds from damage while the bite is being corrected. A bite plate may also be used for the patient with few or no bands/bonds to prevent the lower teeth from biting into the palate.

APPLIANCE WEAR: The bite plate should be worn all the time with the exception of brushing your teeth. For the patient with no lower front braces on, the appliance may be removed while eating.

APPLIANCE CARE: This appliance should be brushed thoroughly after each meal when the teeth are brushed. Occasionally, you may want to soak them in mouthwash to keep them fresh. A monthly soak in Efferdent will remove excess plaque.

ADJUSTING TO THE APPLIANCE: For the first few days, there may be a slight speech impairment. In most cases, speech improves within three to four days. The patient may also notice excess saliva during this time.

TENDERNESS: During the adjustment period, there may be some slight tenderness to the teeth. If necessary, Tylenol may be used. There should not be any soreness to the soft tissues. If this develops, call the office for an adjustment.

LOSS OR BREAKAGE: In the event of a lost or broken appliance, call the office to schedule an appointment to replace or repair the appliance. Depending upon the circumstances, there may be a repair or replacement charge.