



BITE PLATE

Today you have received a bite plate which is an acrylic appliance that will assist with your orthodontic treatment. Your cooperation is very important so that treatment may proceed smoothly.

The plastic taste will disappear quickly and your speech will return to normal after a few days of wearing and cleaning.

The bite plate should be worn 24 hours per day. This includes eating and sleeping. A soft diet is recommended the first few days until the patient becomes accustomed to it. Examples: scrambled eggs, macaroni and cheese, pasta, or ground beef.

Remove the bite plate to brush your teeth. Keep your bite plate clean by brushing it with soap and water. Occasionally soak it with a denture cleaner using warm, not hot water to remove any odors or calculus buildup.

Handle your bite plate with care. Keep it away from pets (they like chewing on them) and heat (car dashboards, washing machine, hot water, etc.)

Remember it is your job to take care of your orthodontic appliances and keep your teeth clean. If you have any questions or concerns or if you loose or break your bite plate please feel free to call the office to speak to someone on the Clinical Team at (508) 347-7540.