



MARIN ORTHO
Beautiful Smiles Naturally

BITE PLATES

While placing your lower braces today, it was necessary to add two bite plates (as known as “turbos” because of the way they project) on the back of your upper front teeth. These bite plates were placed to prevent the upper teeth from interfering with your new lower braces. Without them, your upper teeth would loosen your new braces or possibly the upper teeth could be damaged by the lower braces.

One significant advantage of the bite plates in addition to protecting your teeth is that your orthodontic treatment will be faster. Your deep overbite (the lower front teeth disappear behind the upper front teeth when you bite down) will be corrected much faster so we can progress to the following steps sooner.

Since your back teeth are no longer able to contact with the bite plates in place, plan on eating soft foods (eggs, mashed potatoes, yogurt, smoothies, protein shakes, etc.) for the next 2-4 days. Although it will be awhile until your back teeth contact again, after 4 days your muscles will learn new chewing patterns and you can eat your normal “braces diet.”

If one bite plate falls off, the remaining one will work by itself. Call us only if both bite plates fall off. If your tongue starts “playing” with the bite plates in the first few days and becomes sore, you may need to place wax over the bite plates, particularly at night (remember to dry area first so the wax sticks better).

Depending on how your teeth move, the bite plates may be removed prior to your braces coming off or may remain to the end of your treatment. We realize that the bite plates will be challenging for you to get used to and would like to thank you in advance for “putting up with them,” and emphasize that your orthodontic treatment will be completed sooner as a result.

Dr. Jasmine Gorton | Dr. Diana Schron | Board Certified Orthodontists