

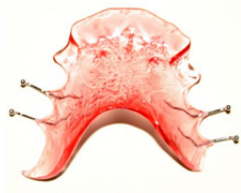
Biteplate

Congratulations! You've received your *biteplate*, which means you're taking another step in your treatment.

A biteplate is a removable plastic appliance that fits on the roof of your mouth. The biteplate will keep your teeth from hitting your other braces and breaking them off, so it should be worn at all times. The **ONLY** time it should be out of your mouth is when you are brushing it. We strongly suggest you keep it clean by brushing it with a toothbrush, toothpaste and water after each meal. Be sure to use cold water, because hot water will melt or warp your biteplate. You should continue to avoid foods like taffy, gum and hard candies, and probably peanut butter as well. Most people wear their biteplate for two to five months, but we will let you know when you can stop.

As your teeth move, the biteplate may not fit as well as it did originally, if this becomes a problem, let us know as soon as possible. Feel free to call us with any questions.

Good luck! ☺



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