

INSTRUCTIONS FOR THE USE OF A BITEPLATE

You now have a removable biteplate appliance in your mouth. This appliance is absolutely necessary in the correction of the malocclusion and is to be worn at all times, including meals and sleeping hours or the desired bite opening will not occur. In order to prevent its loss, it should not be worn while swimming.

We recommend that soft foods and liquids be given for a few days. A certain amount of tenderness of the teeth and gums may be expected. This may be alleviated by rinsing the mouth with warm salt water. Also, there is usually some initial interference with speech when this type of treatment is started. This will, for the most part, resolve itself in a few days.

We have given you full instructions about the use and care of the appliance. It is important to avoid chewing anything that is sticky such as candies, gum, etc., or biting down on apples, nuts, or hard candies. The biteplate is to be taken out and cleaned with a toothbrush after each meal and the teeth are also to be brushed at this time.

The proper care of this appliance is important, since it took a great deal of time and careful work to construct it. Loss of the appliance may result in longer treatment time, undesirable results, and an additional charge for replacement. To prevent loss or breakage, it should never be placed in tissues, paper napkins, handkerchiefs, or pockets. Always place it in its box when it is out of the mouth.

If you should have any questions or need more information regarding this matter, please contact the office.