

## Fixed Bite Plate



When the upper and lower braces are placed, in many instances, the top teeth contact the lower braces when a patient bites down. This can cause brackets to come off the teeth. To prevent this, and allow the placement of the upper and lower braces together, we may place a fixed bite plate.

### **Fixed Bite Plate:**

- The bite plate is temporary. It is usually removed in approximately 6-12 months.
- The back teeth will not touch when the bite plate is placed. This is to be expected and can make eating a challenge. Start with softer foods until you have adjusted to eating with them.
- Separating your teeth with a bite plate allows your bite to “unlock” and move more freely. It will help your teeth move easily, comfortably, and faster.
- Be sure to brush the bite plate and bands and surrounding gum tissue to keep them free from plaque.
- Dr. Vibeto will remove the bite plate once he feels the patient's teeth are in the proper position.