



ORTHODONTICS FOR CHILDREN & ADULTS

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CARE and USE of the BITE PLATE

The bite plate you are now "wearing" is delicate and must be handled with care when out of the mouth. It took a great deal of time and careful work to construct it. PLEASE take care of it!!

1...The appliance must be worn at ALL times except when cleaning it after each meal. You must therefore eat and sleep with the appliance in your mouth, and keep it in throughout the day. It should be left out only during active sports, like football, etc.. Eating and speaking will possibly be a little discouraging these first few days. You are advised to eat soft foods such as eggs, cereals and soups in preference to chewy meats, chops or hard crusted breads. However, within a few days all foods can be eaten; and, with a little practice, all words pronounced.

2....The bite-plate may simply be rinsed, or better still, scrubbed, after breakfast, lunch and in-between-snacks; but should be cleansed with soap and water or tooth-paste after dinner or before retiring each night. Clean the plate by holding it in the palm of the left hand, deep in the basin of the sink and gently scrub with the tooth or hand-brush. Replace it immediately after rinsing. Of course, remove the appliance before brushing the teeth, and always brush your teeth and gums after each meal.

3....Soreness of certain teeth is quite common during the first few days. This tenderness should completely disappear thereafter. Should a wire be accidentally bent, make no attempt to adjust it yourself, but phone for an emergency appointment.

4....You may have to wear the bite-plate for several months; try not to become discouraged these first few days; eating and speaking will improve greatly thereafter. Just be patient.

5....KEEP THIS PAPER FOR REFERENCE-----DO NOT THROW AWAY.

