



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. Ross will remove the bite plate once he feels the patient’s teeth are in the proper position.

If your bite plate breaks, becomes loose, or is uncomfortable, please call us at (717) 637-4131.