



Bite Plate Instructions

1. The bite plate must be worn at all times (22 hours/day), except when eating and brushing your teeth. Your cooperation will determine how long it will have to be worn.
2. Speaking will most likely be difficult the first few days. However, with a little practice and patience, all words can be pronounced.
3. Cleanliness of both the bite plate and all of the teeth against which the bite plate fits is a must! While at school, rinse the bite plate after meals: while at home, brush it with your toothbrush just as you do your teeth.
4. Soreness of certain teeth is quite common during the first few days. Actual irritation of gums, cheeks, or lips should also disappear within 2-3 days; if persistent or if any wire should be accidentally bent, phone the office for an emergency appointment.
5. You may have to wear the bite plate for several months; try not to become discouraged these first few days as eating and speaking will gradually improve. Just be patient.
6. Don't put your bite plate in your pocket without it being in the case. **IT WILL BREAK!**
7. Don't wrap your bite plate in a napkin, paper towel, tissue or put it in your lunch sack. **IT WILL GET THROWN AWAY!**
8. Don't leave it laying around. **IT WILL GET LOST OR BROKEN!**
9. Always use the case we have given you to store your bite plate when it is not in your mouth.