

# Your new Usable—not losable Removable Biteplate

## What's this mouthpiece thing all about?

Removable appliances come in many shapes and have different uses. They all have one thing in common— they can be removed. This makes it easier to clean your teeth and more enjoyable to eat food.

### SOME COMMON TYPES:

1. **Twin Block**— a two piece gizmo which repositions your top and bottom jaws to allow them to grow into better positions.
2. **Biteledge**— a small plastic plate fitted to the roof of your mouth to prevent you from biting off your bottom braces.
3. **Biteplate**— any retainer that moves teeth with small springs is called a biteplate. It can go on the top or bottom teeth and push, pull or turn a few teeth at a time.
4. **Expander and Sagittal**— a biteplate with extra parts called expansion screws. You get this neat key to use which slowly moves your back molar teeth.



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**ORTHODONTIST**

**THE BRACE PLACE®**  
*Smiles corrected while you wait*

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[www.thebraceplace.ca](http://www.thebraceplace.ca)

# INSTRUCTIONS

Please follow these rules carefully or this thing in your mouth **JUST WON'T WORK** — OK?

- Wear it **ALL** the time unless we tell you differently. If you leave it out for a few days your teeth will shift and it will not fit. Then its new molds again, more appointments and big problems for you and us.
- Remove it for main meals (if you want to), swimming and contact sports ( only when you think you may get bopped in the face ). It is alright to wear your retainer when eating snacks.
- You **MUST** remove it to clean it and your teeth. Use **ONLY** a toothbrush and toothpaste ( never use household cleaners or hot water ). Hold it in your hand and gently brush the plastic and metal parts. Place it immediately back in your mouth. Don't leave it at the sink!
- **NEVER take it out and put it anywhere except in its special case. It WILL break in your pocket— we promise! It WILL be thrown out when hidden inside Kleenex tissues or napkins. Your dog WILL try to eat it when the opportunity arises. We WILL charge your parents to repair or replace it!**
- Talking funny, extra saliva and achy teeth are all part of the normal adjustment period. These things usually disappear in a few days, if you keep it in your mouth.
- Never bite a biteplate into position. Always use your fingers to gently snap it on your teeth. If a wire gets bent don't try to fix it. Just call us for an appointment.
- **ALWAYS** bring your biteplate to each visit.
- If you have an expander or sagittal you will need to use a key. Leave this key at home so you don't lose it. After turning the screw once in the direction of the arrow, the biteplate will be tighter and **MUST** be pushed firmly onto **ALL** teeth. Always record the number of turns on the provided chart.

THANK YOU FOR YOUR HELP!

## YOUR INSTRUCTIONS:

*What I have:*

- Biteledge  Expander  Biteplate  Twin Block

*When I wear it :*

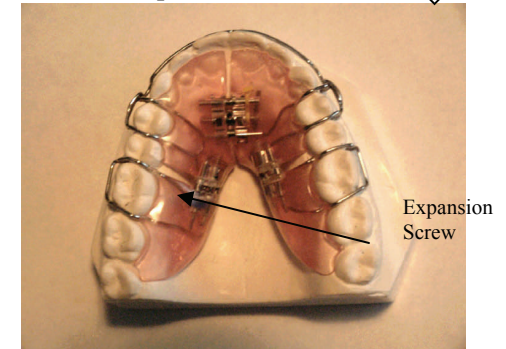
- full time (daytime and bedtime )  home only

**FOR EXPANDERS : Please use and turn the key provided to open the screw as follows:**

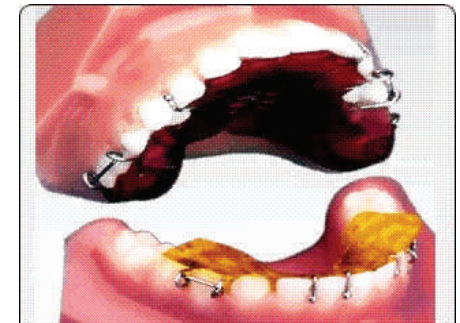
- once each week  twice each week

- other \_\_\_\_\_

Expander



Twin Block



Biteplate with finger springs to move front teeth

