

# **BITEPLATE**

## **Indications for prescribing a biteplate**

If a child's upper permanent incisors or "front teeth" are positioned further down than the "ideal" and in combination the lower incisors or "front teeth" are positioned higher than the "ideal"- such that the lower teeth are "banging" or impinging into the palate, this is termed or classified as a *deep overbite*. In this instance a biteplate is used as a protective "shield" for the palate, allowing the biteplate to bear the trauma of the lower teeth, as opposed to both the soft and hard palatal tissues, which over time can lead to multiple dental problems in the future.

Another indication for a biteplate is if a child has an adult tooth or teeth that are in *cross-bite*, meaning one or more upper adult teeth are inside or across the lower teeth. In this situation a biteplate with springs is used to move those teeth across the patient's occlusion without damaging the adult teeth.

### **What does it look like?**

A Biteplate is a removable retainer, consisting of acrylic or "plastic" in combination with either a stainless steel labial bow- "bar"- that runs flush along the front teeth, or clasps that help secure the biteplate into place. Most common is a combination of all these components.

### **How long will I have to wear it?**

The length of time that a biteplate is utilized is determined based on when it has performed its function. Only Dr. Finkelson can determine when that time has come, as each individual case is slightly different.

### **Do I wear it when I eat?**

Yes, because when we chew the lower front teeth would bite the palatal gum tissues otherwise. The biteplate should be worn all the time with the exception of when you are brushing your teeth or while cleaning the biteplate.

### **How do I clean it?**

Most commonly the biteplate is cleaned with a toothbrush and toothpaste, if you find that method is not working for you some helpful tips to try are brushing with baking soda or soap, followed by a thorough rinse.

### **When I am finished with my biteplate will I need braces?**

In most cases a biteplate will not correct all bite problems, it is used as an interceptive or protective retainer, prior to being ready for "braces". When Dr. Finkelson determines that a child is ready to stop wearing a biteplate, normally it is time or close to the time to get involved with braces. When that time comes a recommendation for a *Records Consultation* will be made to discuss in depth Dr. Finkelson's treatment plan, and to answer any and all questions that you may have.

**REMEMBER A BITEPLATE ONLY WORKS IF IT IS WORN ALL THE TIME!**

Please remember to call our office if at any time you have a question.