

Bite Plane

Dr Shimanto has determined that a bite plane is necessary for you or your child. A bite plane is a removable orthodontic appliance which covers the biting surface of the lower teeth. Its purpose is to prevent contact between the top teeth and bottom teeth as we move the teeth into the ideal position. Although the bite plane is removable, it must be worn on a full time basis and should only be removed when cleaning your teeth and the appliance to achieve an ideal result.



Oral Hygiene

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. The Bite Plane is removable, making the maintenance of good oral hygiene easy. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and will keep your smile looking beautiful while preventing bad breath. While carrying out your oral hygiene regime it is important to ensure that tooth surfaces are cleaned well, including in between your teeth and at the gum line. This will prevent the build-up of plaque which can result in gum inflammation and tooth decay.

Caring for your Bite Plane will become a part of your daily oral hygiene regime. Your Bite Plane should be cleaned each time you brush your own teeth – after breakfast, after each meal and right before bed.

1. Remove your Bite Plane
2. Using a soft toothbrush and cold water, gently brush your Bite Plane to remove visible debris and plaque. You may use a pea-sized amount of toothpaste occasionally if the Bite Plane begins to smell unpleasant.
3. Gently rinse the Bite Plane with cold water
4. Inspect the Bite Plane to check it is clean and place it back in your mouth

FAQ: Can I Soak the Bite Plane in a Solution?

Denture/Retainer cleaning tablets such as Sterident and Polident or Retainer Brite may be used occasionally if the Bite Plane develops an odour over time. Follow the instructions on the package when using these tablets to soak your Bite Plane.

Emergencies

Bite Plane emergencies may occur occasionally. However, they are usually easily manageable.

Common Emergencies	Management
Initial discomfort after receiving the Bite Plane	It is normal to feel some discomfort for up to a week after starting the Bite Plane. Discomfort is both normal and temporary. Over the counter pain relievers may be effective.
Bite Plane broken	If the bite plane is broken contact us immediately to make an emergency appointment.
Bite Plane clasp broken	If the metal clasp on the Bite Plane has broken, you are still able to wear your Bite Plane provided that it is not causing discomfort and that it is still fitting correctly. If the broken clasp is affecting your ability to wear the Bite Plane or causing any discomfort then discontinue wearing the Bite Plane and contact us immediately to make an emergency appointment.
Bite Plane not fitting	Discontinue wearing the Bite Plane and contact us immediately to make an emergency appointment.
Bite Plane lost	If the Bite Plane is lost contact us immediately to make an emergency appointment.
Bite Plane too loose or too tight	If the Bite Plane is too loose or too tight contact us immediately to make an emergency appointment.

If you are experiencing an orthodontic emergency, please call our staff on 9672 6113 to schedule an appropriate time for your emergency appointment.