



How to Look after Your Bite Plate

Wearing

The bite plate should be worn every evening where possible particularly during a stressful period in your life.

The bite plate usually feels very strange when you first put it into your mouth. This is often because of the muscle tension you are experiencing, the jaws are tense. The bite plate will help the muscles of the jaw to relax.

When you start wearing the bite plate, try to start to wear it for 1 hour during the day just to get used to the feel of it. Sometimes it can feel a little tight in the front teeth. Do not worry about this as it can be adjusted to make it feel very comfortable. Normally we like to see you one week after wearing the plate and for two other adjustment sessions to make sure it is feeling comfortable. Always bring your bite plate to each dental appointment.

Looking after your bite plate

1. Always keep it moist with a little water around the plastic.
2. After wearing it rinse it with cold water.
3. Clean it with liquid soap and a soft nail brush over a basin of water so that it doesn't slip or break.
4. You can use toothpaste after cleaning with the liquid soap to give it a better taste.



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What is a Bite Plate



A bite plate is a removable appliance often worn at night. It is commonly made from resin and typically covers the biting surfaces of all of the teeth on either the upper or lower jaw.

It is frequently used in the treatment of patients who either grind or clench their teeth during the night, clicking of the jaw and can also provide relief from tension headaches. An advantage of a bite plate is that it provides a relatively easy and non - invasive way to prevent Temporomandibular Joint (TMJ) problems as well as wear on the tooth surfaces.

The dentist will take impressions and measurements of your teeth during your first appointment these will be sent to the dental laboratory. The dental technician will make your bite plate specifically to fit your teeth. You will require a second appointment where your bite plate will be fitted. You will be shown how to seat and remove your bite plate and given advice on keeping it clean.

The bite plate should fit snugly, and be worn overnight, particularly when going through stressful periods in your life where grinding/ clenching of your teeth is more common.

The bite plate may feel slightly "foreign" in your mouth at first but wearing it for an hour or so during the day will help you get used to the feeling. It will feel slightly tight to begin with, this is normal; the bite plate can be adjusted if needed to make it more comfortable. We like to see you about a week after collecting the bite plate to check how you are getting on with it and make any adjustments if necessary. Please remember to bring your bite plate with you to every dental appointment.



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