

BITE TURBOS

Why do I have bite turbos?

They are a temporary addition to your treatment, and are used for two reasons:

- Biting on the bite turbos puts specific pressure on the teeth to help movement.
- Frequently this can be used to help patients with deep overbites, but can be used in other situations.
- Biting on the bite turbos prevents biting on brackets and reduces the amount of breakage and/or damage to the opposing teeth.

I am having trouble biting together with bite turbos, is this normal?

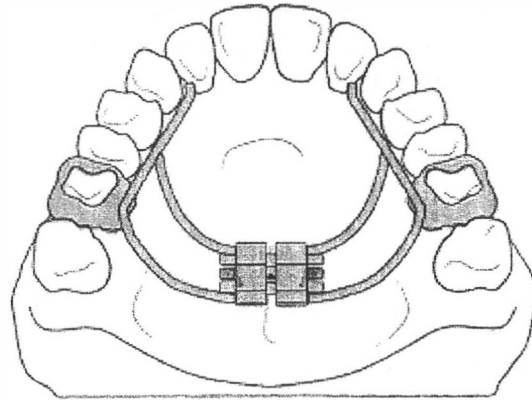
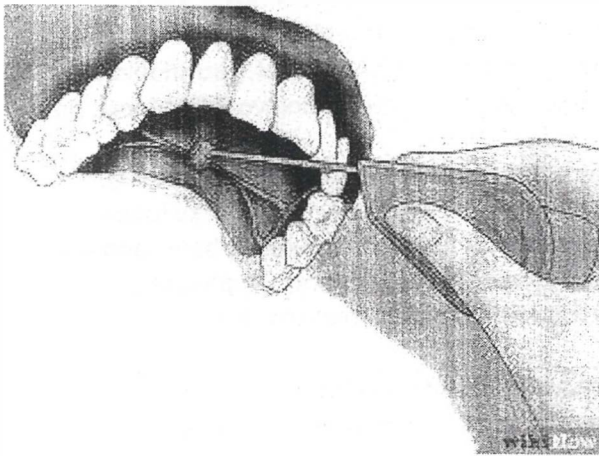
When the Bite Turbos are initially placed on the front teeth, the back teeth will not come completely together when chewing. If they are placed on the back teeth, the front teeth will not touch. This is a temporary condition, and eating soft foods for the first week will allow you to tolerate this new type of bite. Your speech may be slightly affected, but will return to normal within a week.

What if my bite turbos break?

It is unlikely that a Bite Turbo will break loose. If one Bite Turbo does come off, it's no problem. If you lose them both, please give us a call – we will probably schedule an appointment to have them replaced; however, if enough movement has been achieved, they may no longer be necessary.

For more information, check out this informational video: <https://youtu.be/bkmoHwqllnk>

Your expander will be activated _____ turns a night, for _____ days.



Instructions & care

Congratulations, your orthodontic treatment has started! This procedure also allows for the creation of more space for the eruption of the permanent teeth and correction of the bite.

This sheet is provided to give you information on how to activate your expander, what to expect and hygiene instructions. If you have any other questions or problems, please call the office.

Activation

I recommend activation the appliance at bedtime so by the next morning, the pressure from the turn is gone. If you forget one night, you can activate it once in the morning and then again, that night, but no more than 2 turns in 1 day.

1. You will be given a key to activate the RPE.
2. Place key in anterior (upper) hole of appliance, toward your front teeth.
3. There is an etched arrow in the appliance pointing in the direction the key should be pushed.
4. Push key completely towards back of mouth until it stops and the next hole can be seen fully in front of appliance.
5. Remove the key carefully so the new hole for the next activation is completely visible.





RETAINER INSTRUCTIONS

- Remove retainers when eating, brushing teeth and playing sports.
- Only drink water with retainers, remove before drinking any other beverage (especially any hot beverage)
- Must wear retainers when sleeping
- Brush retainers with a little soap or a little toothpaste every night
- Use denture tablets to keep retainers clean, but **ONLY** use once or twice a week
- Keep retainers away from pets or heat
- Must keep retainer in retainer case at all times when they are not in patient's mouth.
- **DO NOT PUT IN A NAPKIN-** THIS IS HOW 80% OF RETAINERS GET THROWN OUT!!
- Brush teeth before placing retainers
- Bring your retainer to each retention visit that you have
- If you lose your retainers or they get damaged or do not fit properly, please call the office.

Phase 1 treatment- *partial braces*

- must wear retainer at home and at night
- we will see you in 6 months to monitor dental development and phase 2 timing

Phase 2 treatment - *full upper/lower braces*

- Must wear retainer 20-22 hours a day
- We will see you in 3 months to evaluate
- After your 3-month retainer check, continue to wear your retainers at night for LIFETIME
- If your retainers are not fitting properly, please call the office for a retainer adjustment.
(3 included, after 3 \$60 fee will apply)

Invisalign

- Wear retainers at night for lifetime.
- If your retainers are not fitting properly, please call the office for a retainer adjustment.
(3 included, after 3 \$60 fee will apply)