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Bite Plate

The following instructions must be followed in order to obtain the best possible results from your Bite Plate:

1. Wear the bite plate 24 hours a day. Only take it out to eat and to brush your teeth.
2. Every time you take the bite plate out to brush your teeth, also gently brush it using lukewarm water.
3. Every time you take your bite plate out to eat, always put it in its box.
4. **NEVER WRAP THE BITE PLATE IN PAPER TOWELS OR TISSUES. THIS IS THE NUMBER ONE REASON PEOPLE LOSE THEIR BITE PLATES. ALWAYS STORE YOUR APPLIANCE IN THE CASE PROVIDED.**
5. You are going to sound funny when you start wearing the bite plate. When you get home, get a good book and read aloud. This will help you get used to speaking while wearing the bite plate.
6. The bite plate will make your mouth water for a couple of days but, with regular wear, your mouth will adjust and will return to normal.

