West Cobb
ORTHODONTICS

Bite Block Instructions

What is a bite block/bite turbo:

A **bite block** is an appliance that uses an acrylic pad behind your top front teeth to keep you from biting down all the way on your back teeth.
A **bite turbo** is a bit of "blue" glue that we bond to your teeth that keeps you from biting on your back or front teeth all the way. They can be placed on either your back or front teeth, it just depends on where we need them.

What do they do?

Bite blocks and bite turbos prevent you from biting down all the way on either the front or back teeth. We use them to help open your bite if you have a deep bite (**overbite**) or sometimes we use them on an open bite.
The bite blocks ensure that you are only hitting on certain teeth to help push them in and allow the rest that are not touching to come down (extrude). They also keep you from biting on and breaking off your brackets if your bite is too deep.

What are the instructions?

Bite blocks feel very strange at first because they are keeping you from biting down all the way like you used to. It can feel like your jaw is being propped open. It will take about **1-2 weeks** for you to get used to them completely, so be patient.

In the meantime you should start with only eating very **soft foods** or things you do not have to chew. Smoothies, yogurt, mashed potatoes, mac and cheese, soup, jello, milkshakes, etc. are best for the first few days. You can slowly start incorporating more foods that you need to chew after a few days and have adjusted to the appliance. Eventually you will be back to your normal diet again, but it is important to start off slowly.

Parents please pay close attention to your **child** when they first are eating with the bite block/turbos to make sure they are able to swallow their food properly. It is possible to choke if they are not able to chew food up into small enough pieces.

The bite block/turbos will not be in the entire treatment. Usually, they are only in for a **few months** until we have accomplished what we needed to do.

Please call the office if you have an emergency or the bite block is loose or comes out.

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