

## **WEARING THE BITE FIXER APPLIANCE**

Today your orthodontist placed a new appliance that is designed to produce the highest quality result in as efficient a treatment time as possible.

The new appliance is called a “Bite Fixer” and is generally prescribed as a substitute for rubber bands. The Bite Fixer works on correcting your bite around the clock so that you will not have to deal with carrying or replacing rubber bands anymore.

The Bite Fixer is designed to withstand normal intraoral forces but, like all orthodontic appliances, it can be damaged or broken if appropriate care is not taken by you.

Here are some easy tips to ensure that your experience with wearing the Bite Fixer is as efficient and trouble-free as possible.

- The Bite Fixer is designed to accommodate normal mouth opening for eating and speaking. Excessive wide opening, however, may damage the appliance. Carefully try to feel how wide you can open before the Bite Fixer stops you. Remember this and try to always open a little less than the maximum distance.
- The Bite Fixer is designed to bow toward your cheek when you close your mouth, chew or swallow. If, for some reason, it gets between your teeth, do not bite on it. Biting on the appliance may deform it or cause breakage.
- Always be careful about what you eat. Avoid hard or sticky foods and be sure to cut your food into small pieces.