



BITE PLATE INSTRUCTIONS

- ✓ Your bite plate should only be removed when brushing your teeth unless further instructed.
- ✓ Keep your bite plate clean. Hold it in the palm of your hand and brush it with toothpaste. Rinse in **cold** water.
- ✓ **DO NOT** wrap the bite plate in a napkin as it will be thrown in the garbage.
- ✓ **DO NOT** put your bite plate on your lunch tray.
- ✓ **DO NOT** put your bite plate in your pocket or book bag without being your case.
- ✓ **PETS LIKE ORTHODONTIC APPLIANCES.** Please keep your bite plate in your mouth or in the case and keep the case away from the dog.
- ✓ **DO NOT** use warm or hot water on the bite plate as it will warp or melt.
- ✓ **ALWAYS BRING YOUR BITE PLATE TO YOUR VISITS**