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# ortho info from rto

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## *B I T E P L A N E*

The Biteplane is used to allow proper placement of your lower braces. For this appliance to work properly, it must be worn all the time, except when brushing your teeth.

Food should be sliced into small pieces and chewed carefully for proper digestion. It will take some time to adjust to eating with this appliance.

While you are wearing your biteplane, your back teeth will not be touching.

Speech may also be affected for a few days. Speaking slowly and distinctly will bring your speech back to normal.

Please keep biteplane free of plaque by brushing it with your toothbrush and toothpaste with cold water every time you brush your teeth.

