BITE PADS AND BITE TURBOS

Bite pads are blue adhesive material placed on the molar teeth in the back. They are placed to help prevent your front teeth from hitting the braces and knocking them off.

Bite Turbos are ramps placed on the tongue side of the upper front teeth. They also prevent you from hitting the braces but also are meant to help open your bite and can actually help speed up treatment and why they are called “turbos”.

EATING:

- You will have trouble chewing for the next 1-2 weeks, *THIS IS NORMAL*. Initially, soft food may be a good choice and cutting your food into small pieces.
- In time, you will get used to them and your bite will feel “normal” again and it becomes easier to eat most foods.

LENGTH:

- The bite pads are a soft material and will wear down with time.
- Let us know if you notice you are biting close to or on your braces.
- As your teeth get straighter and the bite changes the bite pads or bite turbos will be removed once they are no longer needed.
- **Please be advised that it is completely normal for these pads to chip and wear down with time. If this happens you do not have to let us know unless it is uncomfortable.**