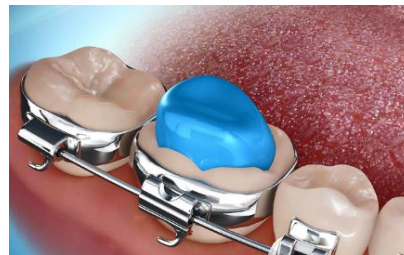


## Bite Turbos or Bite Pillows



Bite Turbos (metal)

Bite Pillows (blue)

### About this appliance:

- Keeps your upper and lower teeth separated so you don't bite on your own brackets.
- Reduces bracket breakage.
- May need to be moved or increased in size as your teeth begin to align.
- Will be removed when you can bite down without hitting on any brackets.
- Your bite will feel strange at first.
- Some patients worry about their ability to eat, but teeth don't actually come all the way together during the chewing process normally. It may take a few days to get used to the feeling, but you will be able to eat (a braces safe diet!) just fine.

### Proper care and instructions:

- Brush and floss according to normal braces instructions.
- If one turbo or pillow comes off, but you have others in place we may not need to replace them until your next regular appointment – IF you are still not biting on any brackets. If you are unsure, please call for guidance.
- Contact our office (616) 698-2323 with any problems or concerns.