



**When the upper and lower braces are placed, in many instances, the top teeth contact the lower braces when a patient bites down. This can cause brackets to come off the teeth. To prevent this, and allow the placement of the upper and lower braces together, we use small plastic buildups called “Bite Turbos”.**

#### **Bite Turbos:**

- Turbos are placed behind the upper front teeth. Usually 2 are placed at the same time. If one comes off, the other turbo will still allow the turbos to work thus preventing a special trip to our office. Please call us to let us know so we can put them back on at your next visit. If both come off, call us to replace them before your next visit.
- Turbos are temporary. They usually are removed in approximately 6-12 months.
- The back teeth will not touch when the turbos are placed. This is to be expected and can make eating a challenge. Start with softer foods until you have adjusted to eating with them.
- Separating your teeth with turbos allows your bite to “unlock” and move more freely. It will help your teeth move easily, comfortably, and faster.
- Be sure to brush the turbos and surrounding gum tissue to keep them free from plaque.
- Dr. Ross will remove the bite turbos once he feels the patient’s teeth are in the proper position.

If your bite turbos break, become loose, or are uncomfortable, please call us at **(717) 637-4131**.