

Important Facts About Your Bite “TURBOS”

Your orthodontist may need to bond **BITE TURBOS** to the biting surfaces of some of your teeth. Bite turbos may also be called “bite tabs”, disarticulators, or “bite pillows”. The purpose is to separate the teeth when you bite down. This separation provides several benefits, but also can present some challenges:



Benefits of Bite Turbos:

- Protect some braces from touching opposing teeth and will help reduce broken or loose braces
- Helps the teeth move more comfortably and in some cases more quickly
- Helps reduce the vertical overlap between the upper and lower front teeth and may help correct the overbite more rapidly

Some Challenges of Bite Turbos:

- Separating the posterior teeth may make it more difficult to chew food—especially foods requiring a lot of chewing. This may put a pt at risk of choking on some foods such as whole meats (hot dogs, chicken, pork chops, steak, etc.). Also, it may contribute to a loss of appetite. To reduce the risk of choking, avoid high risk foods for the first few days after getting bite turbos. Start with small bites of food. And, start with easy foods that don't require a lot of chewing, such as:
 - Mashed potatoes
 - Rice
 - Refried beans
 - Soup
 - Yogurt
 - Ground meats
 - Mashed fruits & vegetables
 - Soft Breads

The risk of choking only lasts while the posterior teeth are significantly separated when chewing AND the patient is not accustomed to the bite changes. This risk is nearly eliminated (anyone can choke on food at any time...) after a few weeks when the bite has had time to settle.

- Bite Turbos can be one of the most annoying parts of wearing braces. There are alternatives to bite turbos such as removable bite plates or bite planes (definitely more annoying than bite turbos!), delaying placement of lower braces (can prolong treatment) and not placing any bite protections at all (this may put the some braces at risk for dislodging). Bite turbos have a proven track record of safety, effectiveness and ease of use.
- If one or more of your Bite Turbos dislodges or falls out altogether, please, call the office at (801) 513-7786