

About Your Bite-Opening Appliance (“TURBOS”)

One of the toughest orthodontic problems to fix is when your top and bottom front teeth overlap excessively. This is known as a “deep bite.” The long-term success and stability of your treatment depend on correcting your deep bite. Opening your bite will speed up treatment and allow the teeth to align more quickly and predictably. That is why we put on the TURBOS.

It will take you a few days to get used to them. Initially, your teeth will not meet in the back making it frustrating to chew. TURBOS will feel funny against your tongue and may even irritate it temporarily. In general, it takes about one to two weeks to be entirely comfortable with the TURBOS. Be patient. In a short time you won’t even notice them, yet they will be working hard to improve your bite and speed up the removal of your braces.

We usually put a TURBO behind each of your two front teeth. If one falls off accidentally, it is no big deal as long as the other one stays attached. Although you are welcome to come in to see us if one falls off, it is not an emergency. You can wait until it is convenient for you or until your next appointment.

Initially, you will not love your TURBOS, but keep in mind the big picture — beautiful, straight teeth and a beautiful smile. TURBOS are a small but important step in achieving these goals.