

BITE RAISERS

What are Bite Raiser?

Bite raisers are composite dots placed on the occlusal surface of a tooth in order to open the patients bite.

Why are Bite Raiser needed?

A bite raiser is needed when the patient has interlocking dentition or a cross bite, to facilitate the orthodontic movements. This will allow the teeth to move freely and independently of each other.

What do Bite Raisers look like and How do I fit them?

The bite raiser will be practically unnoticeable in the patients mouth. Using a template provided by us, tooth coloured composite will be placed inside the template and cured directly onto the tooth. This is the same method as composite attachments. Dentist will need to insert the aligner to ensure the composite is in the correct place the aligners will have these areas voided to ensure a good fit.

It is important to note that if the patient is only undergoing single arch treatment, a retainer will need to be worn on the opposing arch to avoid the possibility of over-eruption.

Advantage and Disadvantages

Advantages

- It will allow the movements to work effectively in a controlled manner.
- Aesthetics will not be compromised as the composite is tooth coloured and will usually placed on the posterior teeth.

Disadvantages

- An opposing retainer will need to be worn at all times if the treatment is only on a single arch.
- The patient will not be able to remove the composite and will therefore have an open bite without the aligners in place this can cause some discomfort and may affect the patients ability to chew.

Talking to Patients about Bite Raisers

Talking to Patients about Bite Raisers

When talking to your patient about bite raisers we recommend that you provide them with information as to why it is needed, what it will involve and the method you intend to use. This should provide the patient with reassurance as to the process. If you require more patient information, the British Orthodontic Society offer a number of Patient Information Leaflets on Orthodontics which can be found at:

www.bos.org.uk/