

# What are Bite Turbos



## WHAT ARE BITE TURBOS/BITE BUMPERS?

Bite turbos or bite bumpers are used during orthodontic treatment to separate the upper and lower teeth and prevent the upper teeth from hitting and breaking the braces off. The bite turbos will appear as tooth colored or blue bumps on the biting surface of a back molar or behind the upper front teeth.



## WHAT SHOULD I EXPECT?

The bite turbos prevent you from biting fully together and may require you to eat a softer diet until you are able to adjust. It is normal for this to feel uncomfortable at first. Note that your teeth will continue to move during orthodontic treatment and that more teeth will start to touch as your teeth align. The bumpers are not permanent, and they will be removed once your bite is in a good position to do so.



## WHAT SHOULD I DO IF ONE COMES OFF??

If you notice that the bite turbo has come off and you feel that you are biting on your braces, please call our office to get an appointment scheduled. If the bite bumpers do not need to be replaced, we will let you know and you can keep your next appointment.

Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to [admin@keyserortho.com](mailto:admin@keyserortho.com) - emails will be responded to on the next business day.

Raleigh Office  
106 Lake Boone Trail  
Raleigh, NC 27608  
919-782-2119

 **KEYSER**  
Orthodontics  
Live Life Smiling  
[admin@keyserortho.com](mailto:admin@keyserortho.com)

Knightdale Office  
937 Old Knight Road  
Knightdale, NC 27545  
919-266-2118