Bite Fork Instructions

Ideal for any appliance where occlusal coverage is necessary using Functional Appliances

• Sleep Appliances • Bruxism Splints • TMJ Splints

 When prescribing a functional repositioning appliance or any appliance with an occlusal bite plane, it is essential to take a proper bite registration. A 3-point construction bite is the best way to capture the relationship of the maxilla to the mandible. Obtaining an accurate bite is not only essential but will save valuable chair time when delivering the appliance.

1. Select either the 2mm Blue or the 4mm White (Yellow), depending on the prescribed appliance. Utilizing the 3 slots on the bite fork, place the patient’s upper anterior centrals in the proper slot:

Slot #1: Protruded • Slot #2: Edge-Edge • Slot #3: Retruded



2. Soften a sheet of base plate wax in a hot water bath at 160°. Wrap each arm of the bite fork with the softened wax. Then, place the bite fork back into the patient’s mouth while the wax is still soft. If necessary, resoften the wax. When the patient is fully closed back to the desired position, press the extruded wax from between the posterior teeth onto the buccal segment. After this is done, cool the wax with an air syringe.

 3.. Next, while holding the bite fork in place with the upper centrals in the desired notch, gently guide the patient’s mandible into the larger notch, making sure that the midlines are lined up. Have the patient practice closing into the desired position 4-5 times. This will help the patient locate this position at a later stage when you add the bite registration material. NOTE: Crooked anteriors may require you to make the notch ‘wider’ with a carbide bur so that the patient can seat completely into the bite without shifting their midline when closing.



 4. Next, remove the bite from the patient’s mouth and chill it in cool water. Then, recheck the completed bite fork in the patient’s mouth, and on an accurate working model before sending them to the laboratory for appliance fabrication.

 