PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · RESTORATIONS

CARE AFTER A BITE ADJUSTMENT (OCCLUSAL ADJUSTMENT)

What to expect while you adapt after we balance how your teeth meet and relieve stress on your jaw joint.

1 GETTING USED TO YOUR NEW BITE

- **More even contact:** With the high interference points removed, your teeth will meet more evenly and comfortably when you chew.
- **Muscles and jaw joint settle in:** Your chewing muscles and jaw joint (TMJ) may take **24 to 48 hours** to get used to the new way your teeth close.

2 MILD SENSITIVITY OR DISCOMFORT

- **Sensitivity from polishing:** Removing the high spot may cause mild discomfort when biting or with cold for **24 hours**, while the ligament around the tooth calms down.
- **Go easy on food:** Avoid hard foods so you do not overload the teeth we just adjusted.

3 REGULAR CHECKUPS AT PURESMILE MIAMI

- A bite adjustment takes extra load off the treated teeth and helps prevent fractures, wear and jaw joint pain.
- **Don’t worry about remembering your checkup! We will call you to follow up on how you are adapting and to remind you of your next visits.**

STILL FEEL A HIGH SPOT WHEN YOU CHEW?

Your comfort is our priority. If after 48 hours you still feel something interfering when you chew, call us at **(305) 787-3642** for a quick touch-up.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-bite-adjustment

Patient Care Team
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