Redwood Pediatric Dentistry
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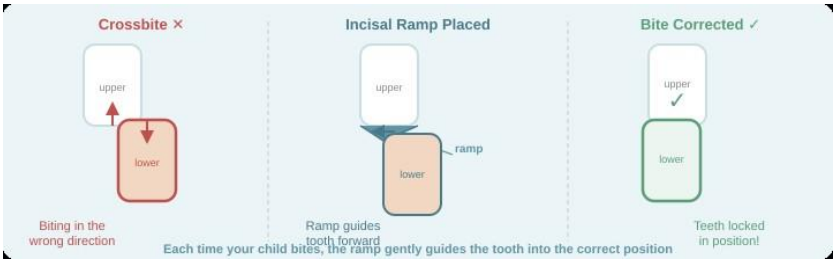
After-Visit Guide: Incisal Ramp for Crossbite Correction

Your child received an incisal ramp today, a tiny piece of tooth-colored material that acts like a gentle slide, guiding a tooth that's biting in the wrong direction back into the right place. Here's everything you need to know

1 What Is an Incisal Ramp?

A **crossbite** happens when a tooth bites in the wrong direction. The lower tooth ends up in front of the upper tooth instead of behind it. If left untreated, this can cause uneven wear, jaw shift, and problems that become harder to fix over time.

An incisal ramp is a small, temporary piece of **tooth-colored composite** placed on the biting edge of the upper tooth. Each time your child bites, the lower tooth slides up the ramp and nudges into a more correct position. Over several weeks, the bite improves and the teeth become "locked" in the right place.



2 What to Expect

- **It will feel different at first.** The ramp makes the bite feel "taller." This is normal and fades as your child adjusts over a few days.
- **No pain expected,** but some awareness or mild pressure as the bite shifts is completely normal.
- **We'll shorten it gradually.** As the bite improves, we trim the ramp at follow-up visits. It stays on until the teeth are "locked" in the correct position.
- **First check-in:** usually 2 to 4 weeks after placement to check progress.

Very Important: Do NOT Bite Behind the Ramp

Please remind your child: the tooth must always hit **on top of the ramp**, not behind it. If they position their jaw or tooth ***behind*** the ramp, it can push the tooth in the wrong direction and undo progress, or make the crossbite worse.

If you notice biting behind the ramp, call us right away: **(510) 413-7600**. Use the emergency line on weekends. Quick adjustments keep things moving in the right direction!

3 Home Care Tips

- **Soft foods for the first day or two:** yogurt, pasta, bananas, scrambled eggs. Let the bite settle in.
- **Avoid sticky or hard crunchy foods:** caramel, gummy candy, ice, hard chips, anything that could loosen or pop the ramp off.

- **Brush gently around the ramp:** keep it clean but don’t scrub it aggressively. A soft toothbrush works well.
- **Remind and reinforce:** especially for younger kids, a gentle reminder before meals helps build the habit of biting in the right place.

Questions or concerns? Call us!

If the ramp falls off, your child is in discomfort, or you notice anything that seems off, don’t wait. Early adjustments make all the difference.

(510) 413-7600 • team@redwoodpediatricdentist.com

References

1. Wiedel AP, Bondemark L. Fixed versus removable orthodontic appliances to correct anterior crossbite in the mixed dentition: a randomized controlled trial. Eur J Orthod. 2015;37(2):123-127.

2. Petrovic B et al. Anterior crossbite correction in deciduous and mixed dentition: a review. Serb Dent J. 2016;63(1):24-33.

3. Malandris M, Mahoney EK. Aetiology, diagnosis and treatment of posterior crossbites in the primary dentition. Int J Paediatr Dent. 2004;14(3):155-166.

Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com