

LIP BUMPER

The appliance that you have received today, the lip bumper, does a number of things for you. It allows the muscles of your tongue and lips to be in better harmony. It prevents your lower lip from pushing your lower front teeth back, and allows your lower front teeth to begin straightening out on their own. It also acts as a space maintainer for your lower molar teeth.

Your appliance consists of 'bands' or rings which have been fit and secured on your molar teeth, and a bar called a 'lip bumper', that fits into special tubes in the bands. Wear it at all times, including when you eat. You should remove it for contact sports, swimming and brushing your teeth.

It may take your cheeks, lips, and tongue a couple of days to get used to the feel of the lip bumper. If you notice an irritated area on your cheek or tongue because of the bands, you may want to use some orthodontic wax to help cover the bands. Just roll a small ball of wax between your fingers and gently press it on the area causing the irritation. This will help your cheek or tongue feel better as it adjusts. Remember to remove the wax ball before you eat or brush your teeth.

It is important that you spend a few extra minutes brushing your teeth, especially around the bands on your back molars. It is also important that you clean and rinse the lip bumper before you re-insert it.

In order to make sure your bands remain securely attached to your teeth, there are a few foods you have to avoid: sticky foods such as chewing gum, gummy bears, caramels, jujubes, and hard foods such as nuts, peanut brittle, and ice cubes. These foods could either stick to, or loosen the bands. It's a good idea to cut up all other foods into bite-sized pieces, and chew with your back teeth.

If you notice that a "**band**" does become loose, or the lip bumper is pinching or does not fit properly, call our office right away and explain what the problem is so that we can arrange the appropriate appointment to repair or adjust it for you. Please tell the receptionist that you are wearing a "**lip bumper**" appliance.

We look forward to your appointments with us and we know that you will find it surprisingly easy to become accustomed to your new appliance.