



## LIP BUMPER



- It allows the muscles of the tongue and lips to be in better harmony
- It prevents the lower lip from pushing the lower front teeth back, and allows the lower front teeth to begin straightening out on their own
- It also acts as a space maintainer for the lower molar teeth
- The appliance consists of 'bands' or rings which have been fitted and secured on the molar teeth, and a bar called a 'lip bumper', that fits into special tubes in the bands

### **Important Reminders:**

- It **must be worn at all times** except when brushing the teeth, playing contact sports or swimming, and eating
- The cheeks, lips, and tongue may take a couple of days to get used to the feel of the lip bumper
- Use orthodontic wax to cover the bands if the cheek or tongue gets irritated because of the bands
- Spend a few extra minutes brushing the teeth, especially around the bands on the back molars
- Clean and rinse the lip bumper before re-inserting it

### **Foods to avoid:**

- **Sticky foods** such as chewing gum, gummy bears, caramels, jujubes
- **Hard foods** such as nuts, peanut brittle, and ice cubes
- 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.*

If you have any questions, please send an email to [info@mybraceland.com](mailto:info@mybraceland.com)

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