



INSTRUCTIONS
.....
**habit
appliance**

THUMB / FINGER / TONGUE THRUST APPLIANCE

The thumb/finger appliance and the tongue thrust appliance are similar. Sucking and tongue thrusting issues that persist beyond the eruption of the primary teeth can cause improper growth of the mouth and cause misalignment of the teeth. One solution is to place a Habit Reminder Appliance. The appliance is similar to the one pictured below, fabricated with metal bands on the back molars and a guard that rests behind the front teeth. The appliance is not a punishment but rather is used to help remind the patient that they are trying to stop sucking their thumb/finger or thrusting their tongue. It will stay in place until the habit is broken.

Wearing the appliance:

- Speech is different for the first couple days with this appliance. The mouth and tongue, however, will accommodate to this new environment. Practice talking and reading out loud as much as possible to make this adaptation occur quicker.
- Clean the appliance with toothpaste, toothbrush, proxy brush, and cool water. Brush at least three times a day, two minutes at a time. Pay special attention to upper bands and the gum line.
- Sometimes a proxy brush or water-pik may be helpful to clean around the appliance where food may become trapped.
- Do not eat anything sticky, chewy, or hard.



- Eating may be a challenge at first. Try soft foods for a few days and remember to take small bites to make it easier for you to chew. Drinking water with food helps with swallowing.
- Your tongue may become irritated. Use warm salt water rinses as needed.
- You may take Advil or Tylenol for any discomfort.