

LIP BUMPER



moshiri orthodontics

for a smile that lasts



The lip bumper is a removable appliance, used in developing children, to create and hold space for erupting crowded teeth. The appliance is used in the attempt to avoid the extraction of adult teeth at a later age.

The lip bumper works by both using and eliminating some of the natural forces of the soft tissues within the mouth. Pressure from the lower lip pushes against the front acrylic shield pushes back on the lower molars gently, creating space for erupting teeth in front. By keeping pressure away from the lower teeth at the same time, the tongue pressure gradually moves the front teeth forward to “unravel” crowding. The appliance is usually worn 12 to 18 months, although this will vary according to the severity of crowding and each child’s rate of growth.

It is very important to keep your appliance clean. Food and tartar can build up on the edges so we recommend a quick rinse or scrub after meals; then at least once a day scrub your lower lingual holding arch thoroughly with your toothbrush and toothpaste. **It is very important to scrub the edges of the bar at the gumline so that redness and soreness do not develop.**

At the sides of the appliance are some metal attachments that may initially irritate the inside of the cheeks. Also quite helpful is the use of warm salt water rinses twice daily for the first week (1/4 teaspoon of salt in 1/2 cup of warm water) or placing orthodontic wax on the attachment areas. Please check the bands around the back teeth once weekly to make sure they are secure.

Appliance wear:

- Brush at least 3 times a day, two minutes at a time, paying special attention to the lower bands, and around the gum line.
- Use your Christmas tree brush specifically in the front area when brushing
- Floss daily and use a fluoride mouth rinse nightly
- Do not eat anything hard, sticky, or chewy
- Use wax as needed

If the bands around your teeth feels loose, or if you have any questions, please call us at **(314) 4-BRACES**

www.smilesaintlouis.com