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THACKER ORTHODONTICS

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LIP BUMPER

PURPOSE OF THE APPLIANCE:

The "Lip Bumper" is used to help create space for crowded lower teeth.

- The Lip Bumper is usually non-removable.
- The Lip Bumper is typically worn for 4-8 months.

ADJUSTMENT EXPECTATIONS:

Adjustment to the Lip Bumper may take 4 to 7 days.

- The lower lip may become tender around the lip bumper.
- Use wax on the lip bumper loops and bands beginning the first day.
- Wax applied at bedtime will help; sleeping on your back will also be helpful.
- Eating softer foods and smaller bites will help ease the adjustment period.
- Expect the lower lip to feel and appear awkward and protrusive at first.

DISCOMFORT:

You will experience some discomfort of the teeth and cheeks.

- Take Ibuprofen or non-aspirin pain medication as you would for a headache.
- Oral rinsing with warm salt water will help the adjustment.

HOME CARE:

- Brush 3-4 times each day with a soft toothbrush in a circular motion.
- Brush above and below the Lip Bumper.
- Floss your teeth and the Lip Bumper. A spongy floss such as super floss works most effectively on the Lip Bumper.
- Use your fluoride nightly as directed.

SPECIAL ISSUES:

The Lip Bumper can be removed by an adult under special circumstances.

- In the case of injury the Lip Bumper can be removed by cutting the elastic chain with a sanitized nail clipper or manicure scissors. After cutting both sides, pull the Lip Bumper directly forward out of the mouth. Call Dr. Thacker's office if you have any problems to schedule an appointment.
- To avoid damage, do not rock or play with the appliance with your fingers or tongue.

GOOD LUCK ON YOUR ROAD TO A NEW SMILE!!