

THUMB HABIT APPLIANCE

A thumb or finger habit can be very tricky to correct or stop. These habits past the age of 3 can have long-term effects on the position of the teeth as well as the bone holding them. This habit can also negatively affect the shape of the palate and can be causing more orthodontic work in the future. The purpose of the Habit Appliance is to help break a thumb or finger habit. There are several styles for this appliance and different elements can be added depending on each case. The appliance is bonded (“glued”) to the teeth, so it cannot be removed by the patient. The purpose is to make thumb-sucking uncomfortable, so the habit discontinues.

- Brush your teeth and all parts of your appliance to keep your mouth healthy.
- Stay away from hard, crunchy, sticky, chewy foods that can break or damage your appliance. Broken appliances will result in an additional charge to repair or remake.
- Sugar free gum is acceptable- 1 piece at a time.
- Call the office if the appliance comes loose or break or if you are having any other problems because of the appliance.

