

Tongue Appliance

- This appliance is designed to re-train your tongue to stay away from your front teeth and allow for your open bite to correct.
- A tongue appliance is held in with bands around your molars.
- The appliance is sharp, but that is what makes it effective!
- Try to keep your tongue back away from the sharp part of the appliance.
- When swallowing, place the tip of your tongue on the roof of your mouth in the area behind the sharp part of the appliance.
- It will take at least a few days to feel normal/comfortable.
- Please avoid hard and sticky foods.
- Be sure to brush and floss thoroughly around the appliance.
- If the appliance is loose or broken, please call the office.

