

CRIB

What does it do?

Your crib appliance is designed to help stop a thumb sucking habit or a tongue thrusting habit to ensure proper eruption of your front teeth.

What does it look like?

- The crib consists of 2 bands and wires that form a “gate”. This gate is used to remind you not to put your thumb in your mouth, or if for a tongue thrust problem, to help you keep your tongue back when you swallow.

How long will I wear it?

- It is recommended your appliance be worn for one year to correct the habit.
- Please be patient- this appliance will take a couple of weeks to get used to.

What should I do while the appliance is in place?

- Please avoid sticky and hard foods.
- Concentrate on keeping your tongue behind the gate/fence.
- Also remember to floss daily and brush three times a day.
- If you have any questions, or if your appliance become loose or you suspect a breakage, please contact our office.
- *There may be a fee for broken or lost appliances.*

