

CRIB APPLIANCE

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 my appliance look like?

- The crib consists of two 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 the appliance?

- This appliance is cemented in place so it will remain in the mouth at all times.
- Treatment length will vary with each individual case and complexity. Your orthodontist will keep you informed as to your progress.

What are my responsibilities for a successful treatment?

- Your goal is to focus on keeping your tongue behind the gate/fence
- It is normal for your tongue to feel sore for a few days. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- Avoid any hard, sticky foods or foods high in sugar while appliance is in place.
- It is important that you clean your teeth and appliance thoroughly after eating including all bands and the gate/fence of the appliance.
- Check your bands daily to make sure it is still cemented in place and nothing has come loose.
- Please contact our office should your appliance become bent, loose, breaks or if it is lost.

