

# Lip Bumper

## **Description**

The lip bumper is a removable appliance that alleviates crowding of the lower teeth.

## **Purpose**

Lip bumpers eliminate crowding by pushing the lower lip away from the teeth so the teeth can straighten without lip pressure.

## **Wear**

The lip bumper should be worn 24 hours a day. Wear it all the time, even when you are eating. The only time it can be taken out is to brush. The more your lip bumper is worn, the quicker it will do its job and the sooner you will be done with it. .

Bands are placed around the back teeth and have special tubes for the lip bumper. The lip bumper is a wire with two U-shapes at the end. Hold the U-shapes and find the tubes in the bands. Place the lip bumper in evenly on both sides and slide it into place. It may take a couple of tries to get the lip bumper in position.

## **Cleaning**

Take the lip bumper out when brushing your teeth. Brush normally and do not forget to brush above and below the bands. Do not forget to brush the lip bumper twice a day so it stays clean.

## **Tenderness**

Since the lip bumper is applying pressure to the lower molars, they may become sore for several days. This feeling is very common as the teeth get used to the appliance. It is very important to be consistent and wear your lip bumper all of the time. Missed time allows the teeth to shift back and slow treatment; it also results in another few days of soreness as the teeth readjust to the appliance.

## **Caution**

Please be careful with your lip bumper. The lip bumper should be taken out when playing sports or during rough play, and you should never allow anyone to grab or pull it. This is the only time that the lip bumper should be removed.

## **Other Things**

Your lip bumper should come with you to each appointment so that it can be checked and adjusted, as needed. If you have any problems with your appliance, please call our office so that we can help you.

## **Parting Words**

When patients use the lip bumper according to our recommendations, they have had very encouraging results. Our best wishes to you as you begin an exciting journey towards a super smile! Also, remember that we are here for you. If you or a family member has any questions along the way just ask!