

### Thumb / Finger Appliance:



The thumb/finger appliance is similar to the tongue trusting appliance, being used to correct a different habit. Thumb sucking that persists beyond the eruption of the primary teeth can cause improper growth of the mouth and cause misalignment of the teeth. One solution is to place a Habit Reminder Appliance. The appliance is similar to the one above, fabricated with metal bands on the back molars and a guard that rests behind the front teeth. The appliance is not a punishment but is used to help remind the

patient that they are trying to stop sucking their thumb or finger. The appliance will stay in place until the habit is broken.

### Wearing the appliance:

- Speech is different for the first couple of days with this appliance. The mouth and tongue, however, will accommodate to this new environment. Practice talking and reading out loud as much as possible to make this adaptation occur quicker.
- Clean the appliance with toothpaste, toothbrush, proxy brush, and cool water. Brush at least three times a day, two minutes at a time. Pay special attention to upper bands and the gum line.
- Sometimes a proxy brush or water-pik may be helpful to clean around the appliance where food may become trapped.
- Do not eat anything sticky, chewy, or hard.
- Eating may be a challenge at first. Try soft foods for a few days and remember to take small bites to make it easier for you to chew. Drinking water with food helps with swallowing.
- Your tongue may become irritated. Use warm salt water rinses as needed.
- You may take Ibuprofen or Tylenol for any discomfort.

If your appliance becomes loose, or if you have any questions, please call (717) 637-4131.