

Tongue thrusting occurs when the patient presses his or her tongue against the front teeth, usually when swallowing, speaking, or resting the tongue. If thrusting is constant, this can cause problems with teeth alignment and must be fixed. A long-term problem associated with tongue thrusting is an openbite. We prefer to correct tongue thrusting by giving patients a Tongue Training Appliance. It is a fixed appliance that attaches to the upper molars using metal bands/rings with a guard behind the upper front teeth to keep the tongue from pressing against them. We are trying to train the tongue from pushing between the top and bottom teeth so that the openbite can close. The guard 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.