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## Lip Bumper

### What is a Lip Bumper?

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- A Lip Bumper uses the pressure of your lower lip to create space along the entire dental arch.
- Keeping the pressure of your lower front lip from your front teeth will eliminate much of the crowding in your lower teeth.
- Normally, you will wear the Lip Bumper all the time.
- The Lip Bumper is comfortable to wear and does not interfere with the lip or its motion, when speaking or eating.
- Wearing the Lip Bumper is easy.
- It may take 2-3 days to become accustomed to the sensation of the bands in your mouth.
- Wax will be given to you to assist in this process.

### What Does The Lip Bumper Look Like?

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1. Bands (metal rings) are placed around your lower first molar teeth.
2. Acrylic covered wire will be fitted into the tubes attached to your bands around your first molar teeth.

### How Do We Fit The Lip Bumper?

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1. Separators will be placed between your lower molar teeth to create space for the bands.
2. Once this space has been created, the separators will be removed.
3. Everyone has different sized teeth, so it is important to find a band to specifically fit you.
4. Bands will then be fitted to your lower back molar teeth.
5. The Lip Bumper is adjusted to fit into these bands.

### Cleaning My Teeth With A Lip Bumper

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- Always remove your Lip Bumper prior to brushing your teeth.
- Tilt your toothbrush 45° on the gum line, between where the band and the gum line intersect.
- Rotate your toothbrush in a circular motion ten times.
- Always remember to brush the inside and outside of the bands.
- Remember to brush and floss the rest of your teeth normally.
- The Lip Bumper should be cleaned daily with a toothbrush.

It is extremely important to keep the bands around your back molars meticulously clean. If food is not effectively removed, it may cause dental decay and gum problems.

## How Often Should I Wear My Lip Bumper?

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- Normally, you will wear your Lip Bumper all the time unless instructed otherwise.
- The Lip Bumper should only be removed when you are brushing your teeth or when you are playing sport.
- When the Lip Bumper is removed from your mouth, it should be immediately placed in the case you have been given.
- Never wear your Lip Bumper if a band becomes loose. Please contact our Rooms and we will schedule an appointment to have the band repaired.

## What Should I Eat Now That I Have A Lip Bumper?

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- You *should* eat with your Lip Bumper in your mouth!
- The metal bands that are attached to your back teeth are delicate and easily damage. In caring for your appliances, it is important that you are careful with what you eat.
- **Please avoid:**

**Sticky Foods** such as caramels, toffee and chewing gum etc.

**Hard Foods** such as hard-boiled lollies, popcorn and nuts etc.

**Sweet Drinks** such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

**Chewing** such foods as ice, ice-cubes, chop bones and chicken bones.

It is important to have a healthy, well balanced diet, including plenty of fruits and vegetables. Even if some foods are hard and crunchy such as stone fruits, apples and carrots, they may be cut into small pieces and chewed on your back teeth

## Frequently Asked Questions

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1. Should I eat while I am wearing my Lip Bumper?
  - Yes, you may eat with or without your Lip Bumper in your mouth. It is advisable to wear your Lip Bumper while you are snacking, but it is optional whether you remove your Lip Bumper during main meals. After you have finished your meal and brushed your teeth, replace your Lip Bumper immediately
2. What should I do if my band becomes loose or my Lip Bumper is bent?
  - Do not wear your Lip Bumper or attempt to replace the band. Please call Dr O'Callaghan's Rooms to make an appointment.
3. Can I play sport or go swimming with my Lip Bumper in my mouth?

- It is advisable to remove your Lip Bumper prior to any sporting activity, which includes swimming. Please ensure that you replace your Lip Bumper once any sporting activity has been completed.

### **What Happens If I Break My Appliance?**

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- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.