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TONGUE GUARD

Why do I need a Tongue guard?

The tongue guard is a fixed orthodontic appliance. The appliance is glued to two rings on the upper back teeth. The tongue guard limits the movements of the tongue in between the front teeth. This allows the front teeth to erupt into a more normal position. The tongue may rub against the tongue guard when it is initially fitted. This may cause some sore spots on the tongue, which will pass in approximately two to three weeks. The tongue guard will likely cause some speech and eating difficulties during the initial phase.

What is A Tongue guard?

1. Metal bands that are fitted around your upper first molar teeth

A wire is fitted to the bands on your upper first molar teeth and is positioned behind your upper teeth.

How Do I Clean My Tongue Guard?

- It is essential that the bands around your upper first molar teeth are kept meticulously clean
- If food is not effectively removed from the tongue guard, it can cause dental decay and gum problems
- Tilt your toothbrush on a 45° angle on the gum line, underneath the bands on your upper first molar teeth
- Rotate your toothbrush ten times on both the left and right sides, inside and outside of the bands

What Should I Eat Now that I have my Tongue Guard?

- Your Tongue guard is delicate and easily damaged so what you eat becomes especially important in caring for your appliance

- **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 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.

What Happens If I Break My Appliance?

- 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.