



Lip Bumper

Instructions



1. **PURPOSE:** The lip bumper is used to gain space for tooth eruption or alignment in the lower arch.
2. **WHEN SHOULD IT BE WORN?** Wear your lip bumper at all times, *including meals*.
3. **WHEN SHOULD IT BE REMOVED?** You should remove your lip bumper for toothbrushing, playing musical instruments, and contact sports.
4. **DISCOMFORT:**
 - A. Some initial soreness of the lip may occur during the first few days. You may remove the lip bumper for a few hours each day.
 - B. It is normal to feel that your lower lip protrudes slightly with the lip bumper in place.
 - C. Eventually your lip bumper may begin contacting your lower teeth or gums. If this occurs, please call our office to have it adjusted.
5. **IF YOU ACCIDENTALLY BEND OR LOSE YOUR LIP BUMPER:**

Please notify our office.
6. **OTHER INSTRUCTIONS:**
 - A. Insert and remove the lip bumper with care to avoid damage to the lip bumper or bands.
 - B. Do not wear your lip bumper if the band to which it attaches becomes loose on the tooth. If this occurs, please call our office.
 - C. **CAUTION:** Avoid loss of the appliance; there is a fee for replacement.
 - D. **REMEMBER:** Your appliance only works when it is worn!