



CARE AND INSTRUCTIONS FOR A BANDED APPLIANCE (Tongue Crib)

- ❖ Bands are “back” braces that are permanently cemented around and between back teeth. Their function is to support some section of braces, or fixed appliances.
- ❖ Although these units are fairly secure, care should be taken not to dislodge them. We would suggest not eating hard foods and candy such as ice or jaw-breakers. Gum should never be chewed while wearing any form of braces. Avoid habits such as chewing on pens and pencils.
- ❖ Cleaning your appliance is accomplished by brushing around ALL metal parts and teeth with your normal toothbrush and toothpaste.
- ❖ If the bands come loose or if anything breaks, please call our office so we can plan to repair the band or appliance.

Steps on how to properly swallow with a tongue crib

1. Pull tip of tongue to the back of the tongue crib.
2. Bite teeth together.
3. Close lips together.
4. Swallow

Practice 10 times in the morning and 10 times in the evening in front of a mirror until it becomes a habit.

Dr. Gary Cartwright and Staff