



INSTRUCTIONS FOR YOUR TONGUE THRUST APPLIANCE

Your Tongue Thrust appliance or (TTA) is used to correct either a tongue thrusting habit or a finger/thumb sucking habit.

Your TTA should not cause any discomfort but it may take a couple of days to get used to having something in the roof of your mouth.

You will need to perform tongue exercises to correct your habit. These exercises will need to be done before every meal.

Put your tongue on the roof of your mouth and behind your TTA, close your lips and swallow. You may want to use a sugarless mint before starting the exercises so that your mouth produces enough saliva to swallow 15 times.

These exercises will help train your tongue to stay in its proper place while you talk and swallow.

Remember 15 swallows before each meal with your tongue on the roof of your mouth behind the TTA.



Your TTA is very easy to maintain. You have to be careful of what you eat. You need to stay away from sticky or chewy foods. Chewing on something like caramel or taffy could cause the bands of your TTA to become loose. Biting into foods that are too large or too hard can push the TTA into the gum tissue. Gently pull the TTA back down using a fork if this happens. Be sure to brush the roof of your mouth. This will not only keep your TTA clean but it will help keep the tissue on the roof of your mouth clean so that the gum tissue doesn't swell causing the TTA to become embedded.



Be sure not to play with your TTA. Pulling or flicking your TTA with your tongue will put stress on the metal and could eventually cause it to break.

If it should break, the repair fee is \$220.00.

Call the office right away for an appointment if there is a problem with your TTA.

Your TTA will not break with normal wear and care. Your TTA will last as long as you need it with the proper care.

Don't hesitate to give us a call if you should have any problems.

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