



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

Habit Corrector Appliance

A Habit Corrector is an appliance used to correct certain habits. Habit Correctors help stop tongue thrusting (pressing the tongue against the front teeth when swallowing). They also help correct finger and thumb sucking. These habits can be bad for your teeth and jaws.

For the first few days after initial placement, you may experience discomfort or tenderness with your teeth, cheeks, and tongue. Working the jaw muscles will help to work out the soreness. We suggest chewing on a bite wafer or soft foods. Our doctors recommend taking Tylenol or Motrin every 4-6 hours as needed for discomfort or tenderness. Our doctors recommend eating soft foods (potatoes, macaroni and cheese, tuna, fish, yogurt, ice cream, pudding, etc.) Remember to cut meats, vegetables, and fruits into small pieces when eating them. You may find it difficult to say certain words. Reading and singing out loud is helpful. Within a few days, you will not even notice your speech is any different.

Please do not play with your appliance with your fingers, or pencils, or flip it with your tongue, as any of these can cause the appliance to come loose or break. If you have any questions or concerns about your appliance, please contact our office.



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