

BLUEGRASS APPLIANCE



You have just been given a “Bluegrass Appliance”; a tongue thrust/ thumb sucking habit breaking appliance.

This appliance has special wire that is connected to your upper right and left first molars that extends forward towards the roof of your mouth behind your front teeth. There is an acrylic or plastic “wheel” that rests against the roof of your mouth.

The **Bluegrass appliance** is used to stop thumb sucking and or tongue thrusting by spinning the wheel instead of performing the “habit”.

Food can get stuck under the “wheel” of the appliance. This is normal. Use water or mouth wash and “swish” the liquid around the appliance to help dislodge food.

Some rules

1. Don't remove the appliance – and if it becomes loose please contact the office immediately.
2. Clean it by brushing, just like braces. We will give you all the necessary toothbrushes to help keep it clean.
3. Don't chew on ice or corn nuts, or other hard or sticky foods.

We're *excited* that you're getting your treatment under way, and we want you to feel free to call our office if you have any other questions about your appliance during the next few days.

(209) 951-0151

