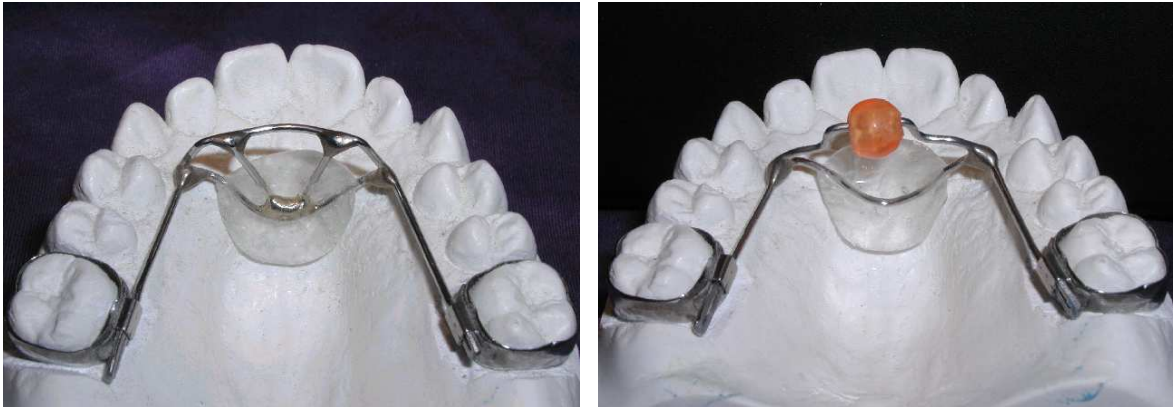


Habit Appliances



- ◆ The purpose of the Habit Appliance is to *help break a thumb or finger habit*. It will **not prevent** placement of the thumb or finger into the mouth, but it will not feel as comfortable. **The appliance will work if you want to stop this habit.**
- ◆ Please keep a diary of how many days you have gone without using your finger or thumb and bring this list to each visit.
- ◆ The Habit Appliance fits on the roof of your mouth. It may have a *tongue bead or other attachment* that lies just behind your front teeth. The design may vary according to your individual needs.
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud, perhaps) it will become easier and easier.
- ◆ **Clean your appliance daily** with your toothbrush *after each meal and before bedtime*. If your appliance has an acrylic button, it is necessary to either floss under it or rinse with a warm salt-water mixture (1 tsp. salt to 1/2 cup water).
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your Habit Appliance with your *fingers* or pull it with your tongue since it can loosen or break the appliance.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO BREAKING YOUR HABIT!**