

# Lip Bumper



- ◆ The purpose of the Lip Bumper is to *create room* on the lower jaw for the permanent teeth and maintain the width of the lower arch.
- ◆ You may have some *soreness of* the molars (back teeth) for the first few days. Usually Advil or Tylenol will help to relieve this discomfort.
- ◆ It is *normal* for a red line to develop on the side of the cheek and inside the lip. This is actually a sign you are doing a good job wearing the lip bumper.
- ◆ The Lip Bumper needs to be cleaned thoroughly each day with your toothbrush, after each meal and at bedtime. ( We recommend that you do **not** remove the Lip Bumper for the 1<sup>st</sup> week to clean it )
- ◆ Rinsing with a *warm salt-water* solution (1 tsp. salt to 1/2 cup water) will also help prevent problems and soothe minor discomfort.
- ◆ If an **open sore** develops on the inside of the lip or cheeks:  
**Remove the Lip Bumper** (be sure to place it in the case we provided) for **3 days** and then try wearing it again. **If you have a recurrence of the sore when the lip bumper is replaced in the mouth, remove the Lip Bumper and call the office right away.**
- ◆ **Do not** interfere with the Lip Bumper by moving it with your *tongue or fingers*.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHT SMILE!**