

TONGUE CRIB/TONGUE SPIKES INSTRUCTIONS

What's a Tongue Crib or Tongue Spikes?

- Tongue Crib/Tongue Spikes are orthodontic appliances used to help combat habits like tongue thrusting or thumb sucking.
- The length of time the appliance is fixed in the mouth varies from case to case. It can be worn as little as a few months up to the entire duration of orthodontic treatment.

What to Expect:

- Most people adjust quite well after the first week. Remember, things do get better if you give yourself time to get used to it
- Speech will be altered, so reading or speaking out loud for 5-10 min a day will help get your speech back to normal
- Eating will be difficult for the first few days. It is a good idea to cut all foods into small pieces and avoid eating hard, sticky, or chewy foods.

Tongue Exercise:

- Press the tip of your tongue against the roof of your mouth that's right behind your upper front teeth
- Bite together in regular bite; don't bite forward
- Swallow. Make sure to stay biting.
- Practice exercise throughout the day as much as possible.
- Try to do 2 sets of 30 swallows each time.

Instructions:

- Remind yourself to keep your tongue behind the cage
- Practice tongue exercises if the doctor prescribes one to you
- Do not place thumb in mouth
- Keep tongue back when swallowing
- Avoid hard, chewy, and sticky food
- Do not play with appliance with your tongue as this can dislodge or break appliance
- It is important that you brush your teeth well at all times during orthodontic treatment. We recommend that you brush 3 times a day for 3 minutes. Brush gently on ALL surfaces of the appliances and use a water syringe to remove any food debris that gets trapped at the top of the appliance.

Emergency:

- For all orthodontic emergencies, we encourage you to use our "Online Check-in" system. This can be located on our website - <https://www.auraortho.com/online-check-in/>