

## INSTRUCTIONS FOR YOUR LIP BUMPER (LLB)

The Lower Lip Bumper, or (LLB) is a removable appliance that is worn on the lower arch during the first phase of your treatment. Your lip will push back on your Lip Bumper causing your molars to move backward. The pressure of your tongue pressing against the back of your teeth will help to round out your lower arch. Occasionally, your LLB may need to be “advanced” or adjusted forward of your front teeth.

In order for your LLB to do its job, you will need to wear it at all times. Putting the LLB in and taking it out is always a little frustrating at first but in a couple of days you will be doing it with ease. If your LLB requires a lot of pressure to get it in, it may need to be adjusted. The only time you should take out the LLB is to brush your teeth. Brush the LLB gently with your toothbrush and toothpaste in order to keep it clean. You will need to be careful of what you eat. Anything harder than a hotdog should be cut into smaller pieces. If you bite into anything much harder than a hotdog it could bend your LLB causing it not to fit properly.

Be sure not to play with your LLB. Flicking or rocking your LLB up and down with your tongue will put stress on the metal and could cause it to break. There is a fee of \$155.00 if you lose or break the LLB. Call the office right away for an appointment if there is a problem with your LLB. Your LLB will not break with normal wear and care. Your LLB will last as long as you need it with the proper care. Remember to always wear your LLB to each of your visits so we can check the fit and make any necessary adjustments. Don't hesitate to give us a call if you should ever have any problems with your LLB.

**LIFE IS BETTER WITH A SMILE**

[LabbeFamilyOrtho.com](http://LabbeFamilyOrtho.com)

**Annapolis**

410.267.7300

**Bowie**

301.262.7774

**Crofton/Gambrills**

410.451.7202

**Greenbelt**

301.345.4444