1. **PURPOSE:** The lip bumper is used to gain space for tooth eruption or alignment in the lower arch.

2. **WHEN SHOULD IT BE WORN?** Wear your lip bumper at all times, *including meals.*

3. **WHEN SHOULD IT BE REMOVED?** You should remove your lip bumper for toothbrushing, playing musical instruments, and contact sports.

4. **DISCOMFORT:**
   - **A.** Some initial soreness of the lip may occur during the first few days. You may remove the lip bumper for a few hours each day.
   - **B.** It is normal to feel that your lower lip protrudes slightly with the lip bumper in place.
   - **C.** Eventually your lip bumper may begin contacting your lower teeth or gums. If this occurs, please call our office to have it adjusted.

5. **IF YOU ACCIDENTALLY BEND OR LOSE YOUR LIP BUMPER:**
   Please notify our office.

6. **OTHER INSTRUCTIONS:**
   - **A.** Insert and remove the lip bumper with care to avoid damage to the lip bumper or bands.
   - **B.** Do not wear your lip bumper if the band to which it attaches becomes loose on the tooth. If this occurs, please call our office.
   - **C.** **CAUTION:** Avoid loss of the appliance; there is a fee for replacement.
   - **D.** **REMEMBER:** Your appliance only works when it is worn!

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