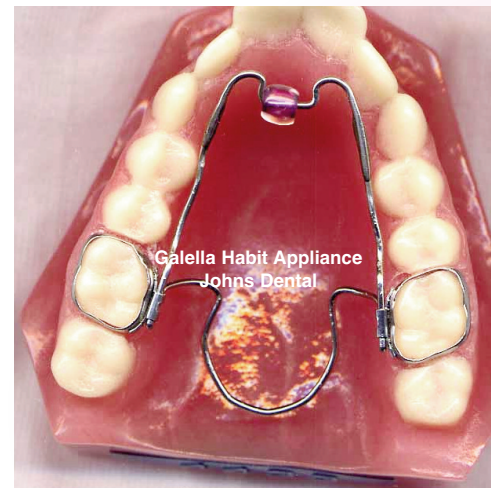


Retraining Appliances

Spinner Beads

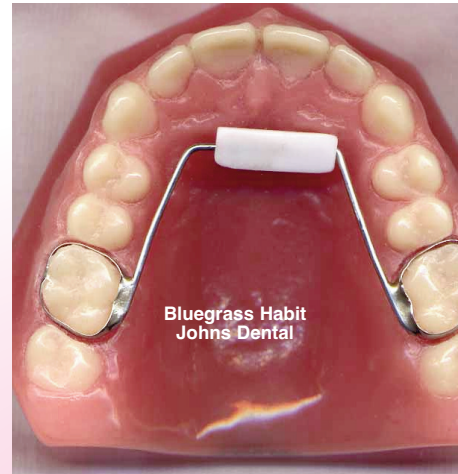
Spinner beads added to an appliance are another great method to discourage thumb sucking and retrain the tongue to function correctly.



Galella Habit Appliance

Poor swallowing habits can thrust the tongue forward and create poor dental arches. The Galella Habit appliance is effective because it changes those poor habits.

The spinner bead and large omega loop encourage better positioning of the tongue as well as improve swallowing patterns. These types of "retraining" appliances can help keep your treatment on time.



Bluegrass Habit Appliance

Created by Bruce Haskell, DMD, PHD, the Bluegrass Habit appliance idea originated in part from the equine industry, where a bit with rollers is used to distract irritable horses. This appliance was intended for those children whose thumb sucking habit is affecting the mixed or permanent dentition.

The Bluegrass appliance has proven most successful when used in conjunction with a positive reinforcement program used to manage thumb sucking habits among children aged 7-13.

Patients are instructed to "turn the roller" instead of sucking their thumb. The habit normally disappears after approximately 8 weeks, but the appliance is often left in for up to 6 months to ensure there is no habit relapse.

The Bluegrass appliance has shown little affect during eating or speech. Johns Dental has been fabricating the Bluegrass appliance since 1994.

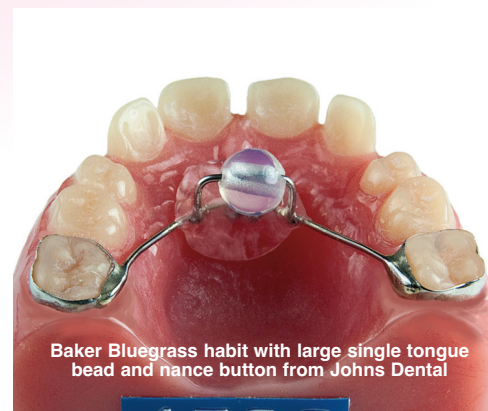
A portion of this description was taken from:
PEDIATRIC DENTISTRY
The American Academy of Pediatric dentistry
Volume 13, Number 2

Baker Habit Appliances

Dr. Chris Baker utilizes a variety of habit appliance designs in her practice. She recommends thumb or tongue habits treated at age 7 or 8, since patients older than 8 have a higher rate of relapse. For all habit appliances, she recommends leaving the appliance in one year after the habit has been fully corrected.



Dr. Baker's habit with bead, (shown above), consists of both an anterior bead and cage and is designed for patients with a protruding tongue. This is also effective in treating open bite cases.



Dr. Baker Bluegrass Habit can be designed a number of ways, but always consists of a large anterior bead. These appliances are great for deterring thumb sucking and issues involving the tongue. The Baker Bluegrass shown above consists of a nance button and a single large anterior bead.

How long should a habit appliance be worn?

Most habit appliances should be worn between six months and one year to ensure the habit has been corrected.

What do I need to send to Johns Dental Laboratories?

Send upper and lower models with appropriate bite along with your signed prescription to Johns Dental Laboratories. Be sure to wrap all models in bubble wrap. Call us for current prescriptions and shipping materials.

Patient airway evaluation

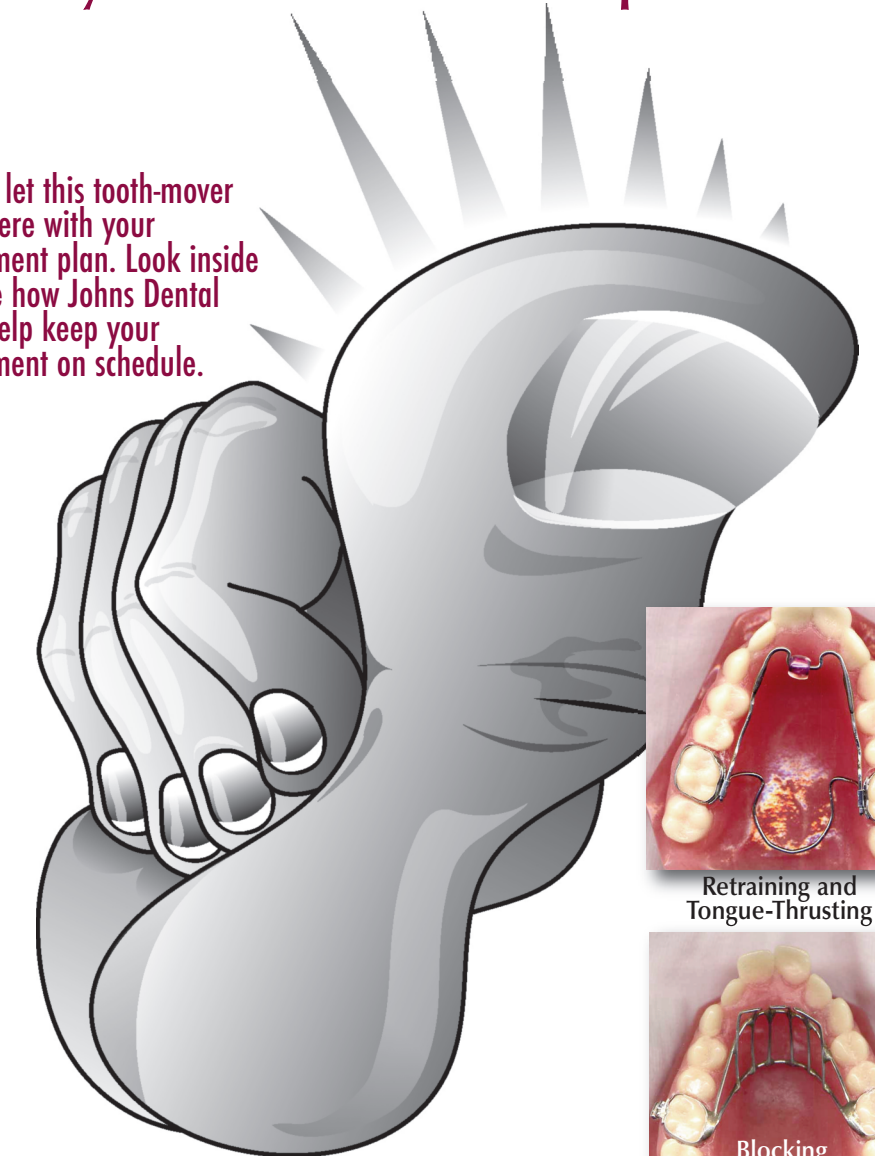
For best results, your patient should be checked for any airway obstruction. Here are a few points to consider:

- Take lateral cephalometric or custom panorex.
- During x-ray, make sure head is tipped down with teeth in closed normal bite.
- Evaluate adenoids and tonsils.
- Evaluate patient's growth direction.
- Evaluate the skeletal and dental position
- Make sure your patient is not an extreme case of skeletal vertical.

Habit Appliances

Are your patient's bad habits delaying your treatment time and profits?

Don't let this tooth-mover interfere with your treatment plan. Look inside to see how Johns Dental can help keep your treatment on schedule.



Appliances that fit right the first time!



Appliances that fit right the first time!

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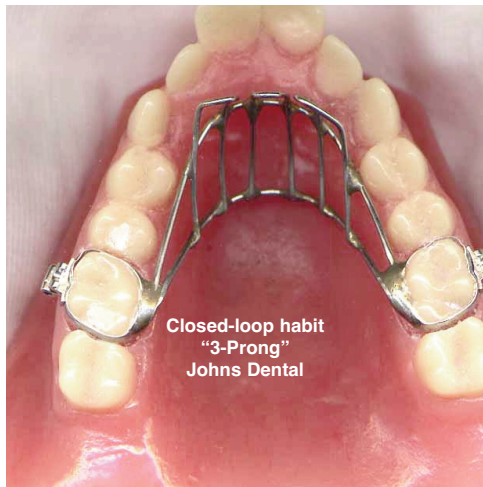
Look for Johns Dental Lab on these social media sites.

Blocking Habit Appliances



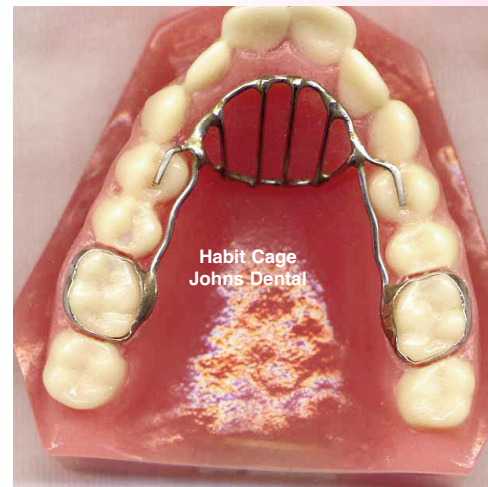
Lateral-Fence Habit

Lateral fences can be added to many appliances to prevent lateral tongue thrusts, which could create a posterior open bite or prevent teeth from erupting normally.



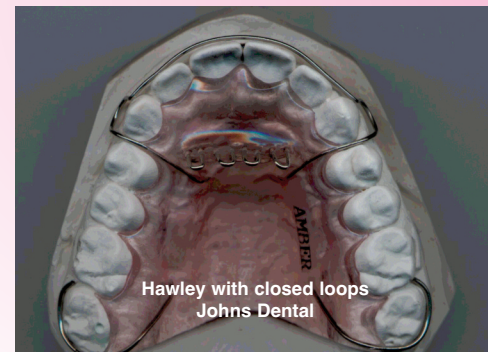
Closed-Loop Habit

The palatal cage with closed loops offers the same habit-correcting benefits as the “palatal cage” with the added feature of reducing tongue thrusts.



Palatal Cage

This “blocking” appliance not only makes it difficult for a patient to suck their thumb, it more importantly eliminates a suction barrier. Continual pressure can create airway problems over time.

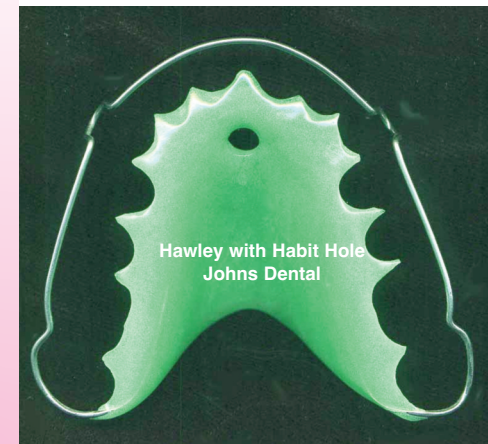


Closed-Loop Removable Habit

Johns Dental can also add a variety of habit-related features to many of our removable appliances. Removable appliances, however, may require additional patient compliance than our more popular fixed versions. We’ve added closed loops to the standard hawley above to discourage tongue thrusting or thumb sucking.

Palatal Distractions

Many older techniques have been tried through the years, like mittens over the hands and poor-tasting chemicals, but most do not provide the long term success rates that a dental professional does. Parents eventually turn to their dentist to help solve poor oral habits.



Hawley with Habit Hole

Doctors also have the option of adding a “Sweet Spot” to the palatal arch of many appliances to keep the tongue distracted while you continue with treatment.

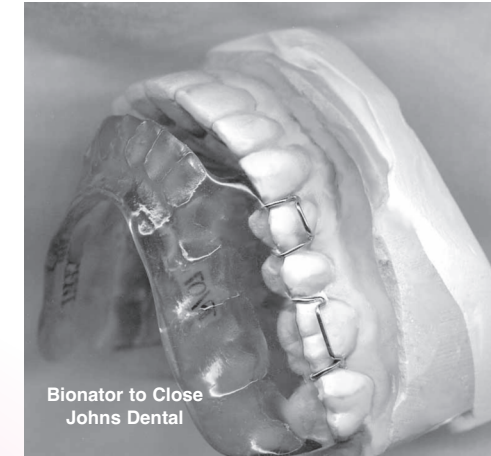
Punitive

Opened-Prong Habit

For more severe non-compliant cases, the habit appliances with sharper edges can be effective. One word of caution, punitive appliances increase the risk of puncturing the tongue and soft tissue, which increases the risk of infection. These types of appliances can be effective, but we are seeing fewer of them in recent years.

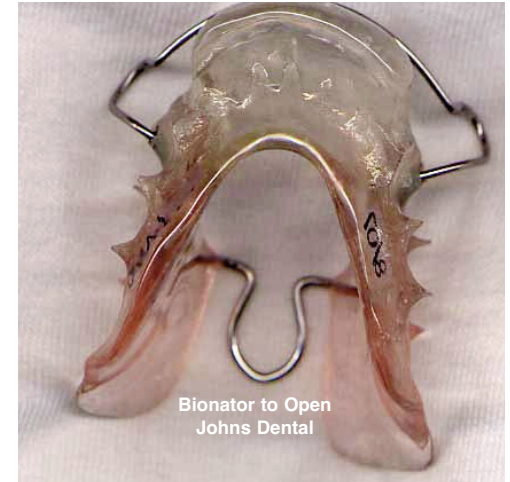
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Active Ortho



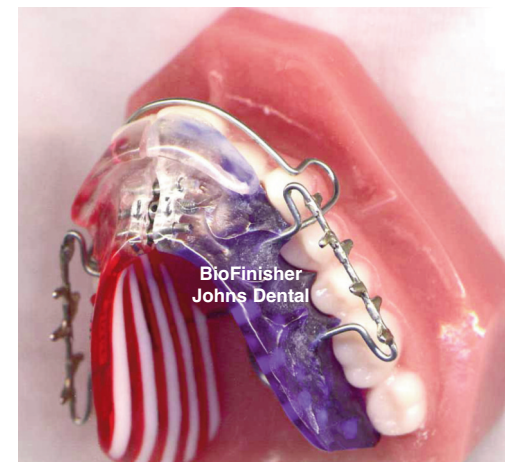
Bionator to Close

The Bionator, Ortho Corrector and BioFinisher to Close from Johns Dental will correct most open bite cases. Horizontal tongue loops can also be added to these active ortho appliances for more severe habit cases.



Bionator to Open

This removable appliance facilitates the opening of the bite. Coffin loops doubles as a tool to restrain the tongue.



BioFinisher

BioFinishers have a long and successful history with Johns Dental. For years this appliance has the capacity to close the bite as well as erupt teeth. This BioFinisher is shown with a custom flag design and an optional expansion screw.