

## Tongue Reminders

Your tongue reminders (glued to the back of your bottom front teeth) are to help keep your tongue away from the front teeth so that the smile and bite can be adjusted. These devices do not permanently retrain the tongue, but are a great tool to help in creating lasting smiles. Here are some things you should know about your tongue reminders:



- They will not harm your tongue. However, it may take some time to become accustomed to them.
- They may affect speech for a short time. Most patients adjust within a few weeks
- If one falls off of the tooth, call the office at your earliest convenience. Keep the tongue reminder in a bag and bring it with you to your appointment.
- Tongue reminders occasionally affect a person's ability to play some wind instruments. If you are unable to play your musical instrument after we place your tongue reminders, please be patient. Most of our musically talented patients will adjust over time.

Thank you for your cooperation. Excellent cooperation is essential for excellent results! Office phone (801) 512-7786