

Anti-Thumb Sucking Device

Aiding dental arch development

Anti-Thumb Sucking Devices have become a very popular device. They are designed to create an uncomfortable environment and disrupt the wearer from placing the thumb into the palate.

Thumb sucking is terribly disruptive to the development of dental arches and the position of teeth during childhood growth. The thumb will displace the dental arches, pushing teeth away from their natural position. This creates problems such as anterior open bites and spacing of the front teeth.

Construction requirements

- Upper and lower alginate impressions
- ICP registration
- Study models should be taken for pre & post treatment records

Children who develop anterior open bites due to thumb sucking will require extensive orthodontic treatment to correct the malocclusion. Prevention is always better than the cure. These appliances are a very effective way to prevent developmental issues with a child who is sucking their thumb.

The Anti-Thumb Sucking Devices can be fixed appliances, such as the Bluegrass appliance. Often, the first attempt is to use a removable appliance to try and break the habit, followed by a fixed appliance if the habit persists.

Rationale

- Habit breaker for the thumb sucker
- Help to maintain tooth positions
- Minor tooth movements can be achieved whilst wearing the device, with the use of springs and arch wires