Innovative Thumb-sucking habit-breaking appliances
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Commentary:
Thumb sucking habit is one of the most common oral habits which is associated with malocclusion1. Thumb sucking is seen to manifest since the 29th week of the intra-uterine life2. The habit is apparent at the age of 2 to 3 and deliberated to be normal till the age of 43. When this thumb sucking habit endures further than the age of 4, it is seen to persist in the mixed & permanent dentition phase and has damaging effects on the dentition and the jaw4. The effects of prolonged thumb sucking habit include, increased overjet due to proclination of the maxillary anterior teeth and reclination of the mandibular anterior teeth, anterior open bite, constriction of the maxillary arch, deep palatal vault and posterior crossbite5,6. Although a variety of appliances have been utilized to break the thumb sucking habit, a number of these appliances can have a detrimental effect on its own. The conventional cribs, spurs, and spikes can irritate the tongue, subsequently causing ulceration of the tongue and induce supplementary mastication and speech complications1. The present poster summarizes the fabrication of two innovative appliances, which work on the reminder principle, and can be employed to cease the thumb sucking habit with any significant adverse effects.

References

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