

# OPEARLSO

*(Editor's Note: If you have a clinical or practice management Pearl to share with your colleagues, send it to JCO, 1828 Pearl St., Boulder, CO 80302. Appropriate illustrations are welcome; a photograph of the author and a copyright transfer form are required prior to publication.)*

## Lingual Buttons to Intercept Lip-Sucking Habits

To treat a lower-lip-sucking habit (A), we bond metal buttons\* to the lingual surfaces of the upper incisors (B). The buttons should be placed to avoid interference with the occlusion and with oral hygiene (C). Although they are comfortable, with smooth, rounded edges, they remind the patient not to suck the lower lip. For patients with especially intense habits, we bond buttons to all the upper anterior teeth.

Bonded buttons avoid the shortcomings of other appliances used for this purpose, such as oral screens, lingual arches with soldered cribs, and lip bumpers. Our technique has the following advantages:

- Lingual buttons are less bulky and more esthetic.
- No laboratory procedures are required.
- Bonding is quick and easy.
- Fixed appliance therapy can be carried out simultaneously.

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