

LIP BUMPER

- ♦ Lip bumpers are to be worn 24 hours per day except when playing contact sports.
- ♦ You can eat while wearing you lip bumper.
- ♦ The lip bumper can be removed when brushing your teeth. Be sure to brush your lip bumper too!!
- ♦ Sore spots may appear where your lip bumper rubs against your cheeks. Warm salt-water rinses will make you feel better and help these sore spots to heal. Please call us if your sore spots don't go away after a few day.

*** Sometimes lip bumpers are tied in so they cannot be removed. This means you eat and brush your teeth while wearing you lip bumper. Please be careful when you play sports and be sure to spend extra time brushing thoroughly and carefully.*